A

Choice Manuall,

OR

RARE and SELECT

SECRETS

IN

PHYSICK

AND

CHYRURGERY:

Collected, and practised by the Right Honourable, the Countesse of *Kent*, late deceased.

Whereto are added several Experiments of the Vertue of Gascon powder, and *Lapis contra Pavorem*, by a Professor of Physick.

As also most Exquisite waies of Preserving, Conserving, Candying, &c.

The Fifteenth Edition.

LONDON,
Printed, by *Gertrude Dawson*, and are to be sold by *Margaret Sheares* at the sign of the Blew Bible in *Fetter-lane* Street in *Covent Garden*. 1667.

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GREY [illegible]
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To the vertuous and mo
Noble Lady, *Lætitia Popham*,
Wife of the Honourable and truly Valiant
Colonel *Alexander*
Popham.

Thrice Noble and truly
Vertuous Lady.

AFter *mature deliberation*
what to tender unto your a
ceptance worthy your Pat
age, nothing occured more proba
than this *small Manual*; which
once esteemed a rich Cabinet of kno
ledge, by a person truly Honour
My is auspitiously procure but
Honour alike friendly Estimatio
then I doubt not, but it will fi
versal acceptance amongst
greatest Eminency. Sure
may be justly deemed as a
Scene of experience, having

taught the world its approved excellency yet, even in many dangerous exigencies. All I humbly crave for the present is, my boldness may be favourably excused, since 'twas my lawful ambition thereby to avoid ingratitude, for the many singular favours I have already received from your endeared truly Honourable Husband, my always true noble friend, & most hoply Country-man. God multiply his blessings upon all your noble Family, and make you no less Honourable here on Earth, then eternally happy hereafter: which shall be the daily prayer of him, whose highest Emulation is,

In all due wayes abundantly to Honour and serve you.

W. F.

TO

TO THE READER.

Courteous Reader.

WEll remembring that we are all born for the weal-publike good: I here tender to thy perusal this small, and yet most Excellent Treatise, Entituled, *A Choice Manual of Rare and Select Secrets in Physick:* If thereby thou suck abundance of Profit, I shall be superlatively glad, but if any, or perchance many unlooked for mistakes, for want of a due application, bid thee entertain contrary thoughts, the effect not answering thy curious expectation, upon a most serious reflex, know, that nothing is absolutely perfect, and withal, that the richest & most soveraign Antidote may be often misapplied: wherefore the fault not being mine, excuse and cease to censure: For which just, and but reasonable favour, thou shalt deservedly oblige me,

Thine W. F.

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Yellow Iaundice 37

A *Choice Manual*, OR RARE and SELECT SECRETS IN PHYSICK,

By the right Honourable the *Countesse* of KENT.

A very good medicine for a Consumption and Cough of the Lungs.

TAke a pound of the best Honey as you can get, and dissolve it in a Pipkin, then take it off the fire, and put in two pennyworth of flower of brimstone, and two

two penniworth of powder of Ele-
campane, and two penniworth of the
flower of *Liquorice*, and two penni-
worth of red Rose-water, and so fit
them together, till they be all com-
pounded together, and put it into
gally-pot, and when you use it, take
a *Liquorice*-stick beaten at one end
and take up with it as much almo
as half a Walnut, at night when you
go to bed, & in the morning fasting
or at any time in the night when you
are troubled with the Cough, and
let it melt down in your mouth
degrees.

Sir John Digbies *Medicine for the*
Stone in the Kidneys.

Take a pound of the finest Ho
ney, and take seven quarts of Co
duit-water, set them on the fire, a
when it is ready to seeth, scum
and still as the froth do rise, scum
and put in twenty whole Cloves, a
let them seeth softly for the spa
of half an hour, and so bottle it
for your use, and drink it morni

and evening and at your meat, and use no other drink until you are well.

A Medicine for the flux sickness.

Take a penny weight of the powder of Gold, six penny weight of Pearl, six penny weight of Amber, six penny weight of Corral, eight grains of Bezar, half an ounce of Piony seed, also you must put some powder of a dead mans Scull that hath been an Anatomy or a woman, and the powder of a woman for a man, compound all these together, & take as much of the powder of all these, as will lie upon a two-pence for nine mornings together in Endive-water, and drink a good draught of Endive water after it.

For Cordials and Restoratives use these things following.

In any faintness take three drops of oil of Cinnamon, mixed with a spoonful of Sirrup of Gilliflowers, and as much Cinnamon-water, drink this for a Cordial.

Against

Against Melancholy.

Take one spoonful of Gilliflowers, the weight of seven Barly corns of Bever-stone, bruise it as fine as flower, and so put it into two spoonfuls of Sirrup of Gilliflowers, and take it four hours after Supper, or else four hours after dinner, this will cheer the heart.

If you be sick after meat use this.

Take of the best green Ginger preserved in Sirrup, shred it in small pieces, put it into a gally-pot, & put Cinnamon water to it, then after dinner or supper eat the quantity of two nutmegs upon a knifes point.

Aqua Mirabilis.

Take three pints of white Wine, one pint of *Aqua vitæ*, one pint of juyce of Celendine, one drachm of Cardamer, a drachm of Melliloe flowers, Cubebs a drachm, Galingal, Nutmeg, Mace, Ginger, and Cloves of each a drachm, mingle all these together over night, the next morning set them a stilling in a glass Limbeck. Th

The Vertues.

This water dissolveth swelling of the Lungs, and being perished doth help and comfort them, it suffereth not the blood to putrifie, he shall not need to be let blood that useth this Water, it suffereth not the heart-burning, nor Melancholy or Flegm to have dominion, it expelleth urine and profiteth the Stomack, it preserveth a good colour, the visage, memory and youth, it destroyeth the Palsie.

Take some three spoonfuls of it once or twice a week, or ofuner, morning and evening, first and last.

Another way to make Aqua Mirabilis.

Take Galingal, Cloves, Quibs, Ginger, Mellilip, Cardamomie, Mace, Nutmegs, of each a drachm, and of the juyce of Celendine half a pint, adding the juyce of Mints and Balm, of each half a pint more, and mingle all the said spices being beaten into a pouder, with the juice,

wi

with a pint of good *Aqua vitæ*, and three pints of good white-Wine, and put all these together in a pot, and let it stand all night being close stop & in the morning still it with a soft fire as can be, the still being close pasted, and a cold still.

A Medicine for the Stone in the Kidneys.

Take a good handful of Pellitory of the Wall, a handful of Mead Parsley, Saxifrage, a handful of wild Thyme, a handful of garden Parsley, three spoonfuls of Fennel seed, six horse-Raddish-roots sliced then shred all these together, put them in a gallon of new-Milk, & let them stand and steep in a close pot an whole night, & then still them, mil and all together, this must be done May or *June*, for then herbs are i their best state, and when it is take you must put two or three spoonfu of this water, as much white wine

Then s

Reniſh, and if you pleaſe a little ſugar, and ſo take it two dayes before the change, and two dayes after, and two dayes before the full, and two dayes after, continuing taking the ſame all the year, and the patient undoubtedly ſhall find great eaſe, and void many ſtones, and much gravel, with little pan.

To make Horſe-Raddiſh drink.

Take half a pound of Horſe-Raddiſh, then waſh and ſcrape them very clean, and ſlice them very thin croſs-wales on the root, then put them into ſix quarts of ſmall Ale, ſuch as is ready for drinking, which being put into a pipkin cloſe covered ſet on the embers, keeping it a little more then blood-warm for twelve hours, then take it off the fire, and let it ſtand to cool untill the next morning, then pour the clear liquor into bottles, and keep it for your uſe, drinking a good draught thereof in the morning, faſting two hours after, and the like quantity at four in the after-

noon, this drink is excellent good againſt winds, as alſo for the ſcourſing and dropſie, being taken in time.

An excellent Syrrup againſt Melancholly.

Take four quarts of the juyce of Pearmains, and twice as much of the juyce of Bugloſs and Borrage, if they be to be gotten, a drachm of the beſt Engliſh Saffron, bruiſe it, and put it into the juyce, then take two drachms of *Kermes* ſmall beaten to powder, mix it alſo with the juyce, ſo being mixt, put them into an earthen veſſel, covered or ſtop forty eight hours, then ſtrain it and allow a pound of ſugar to every quart of juyce, and ſo boil it to the ordinary height of a ſyrrup, after it is boiled, take one drachm of the ſpices of Diamber, and two drachms of the ſpices of *Diamargariton frigidum*, and ſo ſew the ſame ſlender in a linnen bag, that you may put the ſame caſily into the bottle of ſy-

rup

rup, and ſo let it hang with a thread out at the mouth of the bottle, the ſpices muſt be put into the ſyrrup in the bag: ſo ſoon as the ſyrrup is off the fire, whilſt it is hot, then afterwards put it into the bottle, and there let it hang: put but a ſpoonful or two of Honey amongſt it whilſt it is bolling, and it will make the ſcum riſe, and the ſyrrup very clear.

You muſt add to it the quantity of a quarter of a pint of the juyce of Balm.

An excellent Receipt for the Plague.

Take one pound of green Walnuts, half an ounce of Saffron, and half an ounce of *London*-Triacle, beaten together in a morter, and with a little *Cardus*, or ſome ſuch water, vapour it over the fire till it come to an Electuary: keep this in a pot, and take as much as a Walnut, it is good to cure a Fever, Plague, and any Infection.

An excellent Cordial.

Take the flowers of Marigolds, and lay them in ſmall ſpirit of wine when the tincture is fully taken out, pour it off from the flowrs, and vapour it away till it come to a conſiſtence as thick as an Electuary.

For a bruiſe or ſtitch under the Ribs.

Take five or ſix handful of Cabbage, ſtamp it, and ſtrain it, after it is boiled in a quart of fair water then ſweeten it with Sugar, and drink it off in a wine glaſs in the morning, & at four in the afternoon for five or ſix dayes together, then take a Cabbage leaf, and between two diſhes ſtew it, being wet firſt in Canary wine, and that lay hot to your ſide evening and morning.

An excellent Receipt for an Itch, or any foul Scabs.

Take Fox gloves, and boil a handful of them in poſſet drink, and drink

drink of it a draught at night, and in the morning, then boil a good quantity of the Fox-gloves in fair running water, and annoint the places that are sore with the water.

A Receipt good for the Liver.

Take Turpentine, slice it thin, and lay it on a silver or Purslane Plate, twice or thirce in the Oven with the bread till it be dry, and so make it into pouder, every day take as much as will lye on a sixpence in an *Eg.*

For Flegm, and stopping in the throat and stomack. D. T.

Take oil of Almonds, Linseed oil, buds of Orange floures, boil all these in Milk, and annoint the stomack well with it, and lay a scarlet cloth next to it.

For an extream cold and a cough.

Take of Hysop water six ounces, of red Poppy water four ounces, six Dates, ten Figs, and slice them small, a handfull of Raisins of the Sun, the weight of a shilling of the

pouder of Liquorice, put these into the aforesaid waters, and let them stand five or six hours upon warm embers, close covered, and not boil, then strain forth the water, and put into it as much Sugar of Roses as will sweeten it, drink off this in the morning, and at four of the clock in the afternoon, & when you go to bed.

To distil Triacle-water.

Take one ounce of Harts-horn shaved, and boil it in three pints of *Carduus* water til it come to a quart, then take the rootes of Elecampane, Centian, Cipres, Turmentil and of Citron rinds, of each one ounce, Borage, Bugloss, Rosemary flowers, of each two ounces, then take a pound of the best old Triacle, and dissolve it in six pints of white wine, and three pints of Rose-water, so infuse all together, and distil it.

It is good to restore spirits, and speech, and good against swouning, faint-

faintness, agues and worms, and the small pox.

Triacle water.

Take three ounces of *Veniec* Triacle, and mingle it in a quart of spirits of wine, set it in horse-dung four or five dayes, then still it in ashes or sand twice over; after take the bottom which is left in the Still, and put to it a pint of spirit of wine, and set it in the dung till the tincture be clean out of it, and strain the clear tincture out of it, and set it on the fire till it become to be a thick consistence, it must be kept with a soft fire. And so the like with saffron.

To take away Hoarseness.

Take a Turnip, cut a whole in the top of it, and fill it up with brown sugar candy, and so roast it in the embers, and eat it with Butter.

To take away the Head-ach.

Take the best Sallade oil, and the glass, half full with tops of Poppy flowers which groweth in the Corn,

set this in the Sun a fortnight, and so keep it all the year, and annoint the temples of your head with it.

For a Cough.

Take Sallade oil, *Aqua vitæ*, and Sack, of each an equal quantity, beat them all together, and before the fire rub the soles of your feet with it.

To make Jelly of Harts-horn.

Take a quart of running water, and three ounces of Harts-horne scraped very fine, then put it into a stone Jug, and set the Jug in a kettle of water over the fire, and let it boil two or three hours until it jelly, then put it into three or four spoonfuls of Rose-water, or white Wine, then strain it: you may put into it Musk, or Ambergriece, and season it as you please.

To make a Glister.

Take half a quart of new Milk, or three quarters, set it on the fire, and make it scalding hot, then take it off,

and

and put into it the yolk of a new laid Egg beaten, two ounces of brown sugar-candy, or black sugar, give it to the party blood-warm.

Another.

Take the bone of a neck of Mutton, or Veal, clean washed, set it on the fire to boil in three pints of fair water, and when it is clean scummed then put in the roots of Fennel and Parsly clean washed and scraped, of either of them, the roots bruised, a handful, of Cammomel and Mallows a handful, let all these boil together till half be wasted, then strain it, take three quarters of a pint of this broth, brown sugar-candy two ounces, of oil of Flax seed two ounces, mingle all these together, and take it for a glister, blood warm, when it is in your body, keep it half an hour, or three quarters of an hour, or an hour if you can.

A comfortable Cordial to chear the Heart.

Take one ounce of Conserve of Gilliflowers four grains of the best Musk bruised as fine as flower, then put it into a little tin pot, and keep it till you have need to make this Cordial following, *viz.* Take the quantity of one Nut neg out of your tin pot, put to it one spoonful of Cinnamon-water, and one spoonful of the syrrup of Gilliflowers, Ambergriece, mix all these together, and drink them in the morning fasting three or four hours, this is most comfortable.

A Cordial for wind in the stomack, or any part.

Take six or eight spoonfuls of Pennyroyal-water, put into it four drops of oil of Cinnamon, so drink it any time of the day, so you fast two hours after.

Restorative.

Take a well fleshe Capon from the

the barn door, and pluck out his Intrals, then wash it within with a little white Wine, then flea off all the skin, and take out his bones, & take the flesh, only cut it in little pieces, and put it into a little stone bottle and put to it one ounce of white Sugar-candy, six Dates slit, with the stones and pith taken out, one large Mace, then stop the bottle up fast, and set it in a Chafer of water, and let it boil three hours, then take it out, and pour the juyce from the meat, and put to it one spoonful of red Rose-water, and take the better part for your break-fast four hours before dinner, and the other part at three a clock in the afternoon, being blood warm.

Another Restorative.

Take half a pint of Claret wine, and half a pint of Ale, and make a Candle, with a new-laid Egg, put in half a Nutmeg cut into two pieces, then take it off the fire, and put in seven grains of Ambergriece, drink this

this for two breakfasts, for it will encrease blood and strength.

Another Restorative.

Take two new laid Eggs, and take the whites clean from them, and put the yolks both in one shell, then put in two spoonsful's of Claret wine, seven grains of Ambergriece small bruised, and a little Sugar candy, stir all these together, and make them blood-warm, and sup them up for a breakfast three or four hours before dinner.

Another Restorative.

Take a yong leg of Mutton, cut off the skin and the fat, take the flesh being cut into small pieces, and put it into a stone bottle, then put to it two ounces of Raisins of the Sun stoned, a large Mace, an ounce and half of Sugar-candy, and stop the bottle very close, and let it boil in a Chafer three hours, and so put the juyce from the meat, and keep it in a clean glass, it will serve for three break-

breakfasts, or if he will he may take some at three a clock in the afternoon being made warm.

A Restoring Broth.

Take two ounces of China-roots, first slit very thin, then put it in a new Pipkin with five pints of running water being close covered, and set it upon embers all night long, where it may be very hot, but not seeth, then put to that water a great Cock-Chicken, and when it is clean scummed, put into it two spoonfuls of French Barly, six dates slit, with the piths and stones taken out, two ounces of Raisins of the Sun ston'd, a large Mace, let all these boil together, till half be consumed, then take out the Cock, and beat the flesh of it in a clean Morter, and a little of the broth, then strain it all together throughout a hair Cullender, then put in two spoonfuls of red Rose-water, and sweeten it with white Sugar candy, drink of this broth, being made

made warm, half a pint in the morning early fasting, and sleep after it if you can, drink a good draught at three of the clock in the afternoon, this broth is very good for a Consumption, and the longer they take it, it is the better.

A strengthening Meat.

Take Potato roots, roast them or bake them, then pill them, and slice them into a dish, put to it lumps of raw Marrow, and a few Currans, a little whole Mace, and sweeten it with sugar to your taste, and so eat it instead of buttered Parsnips.

Broth for a Consumption.

Take three Marrow bones, break them in pieces, and boil them in a gallon of water till half be consumed, then strain the liquor through a Cullender, and let it stand while it be cold, then take off all the fat clean and put the broth into a pipkin, and put to it a good Cock-Chicken, and

a knuckle of a Veal, then put into it the bottom of a white loaf, a whole Mace, two ounces of Raisins of the Sun stoned, six Dates slit, let all these boil together till half be consumed, then strain it, instead of Almonds, take a few Pistatles kernels, & beat them, and strain with your broths as you do Almond milk, and so sweeten it with white sugar, and drink half a pint early in the morning, and at three clock in the afternoon, and so continue a good while together, or else it would do you no good.

Another Cordial.

Take a preserved Nutmeg, cut it in four quarters, eat a quarter at a breakfast, and another in the afternoon, this is good for the head and stomack

A Cordial for a Breakfast fasting.

Eat a good piece of a Pomecitron preserved, as big as your two fingers in length and bredth, and so at three of the clock in the afternoon.

A

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A

A restoring Break fast.

Take the brawn of a Capon, or Pullet, twelve Jordan Almonds blanched, beat them together, and strain out the juyce with a draught of strong broth, and take it for a breakfast, ot to bedward.

A Medicine for any griping of the Belly.

Take a pint of Claret wine, put to it a spoonful of Parsly seed, and a spoonful of sweet Fennel seed, half a dozen cloves, a branch of Rosemary, a wild Mallow root clean washt and scrap't, and the pith taken out, with a good piece of Sugar, set this on the fire, and burn the Claret very well with all these things in it, then drink a good draught of it in the morning fasting, and at three a clock in the afternoon.

To keep the body Lapintine.

Take half a pint of running water, put it in a new Pipkin with a cover,

cover, then put into the water two ounces of Manna, and when it is dissolved, strain it, and put to it four ounces of Damask Prunes, eight Cloves, a branch of Rosemary, let all these stew together while they be very tender, then eat a dozen of them with a little of the liquor an hour before dinner or supper, then take a draught of broth and dine.

To make the China *Broth for a Consumption.*

Take *China* root thin sliced two ounces, steep it twenty four hours in eight pints of fair water, letting it stand warm all the time, being close covered in an earthen Pipkin, or Iron pot, then put to it a good Cockrel, or two Chickens clean dressed, and scum it well, then put in five-leaved Grasse two handfuls, Maiden-hair, Harts-tongue, of either half a handful, twenty Dates sliced, two or three *Mace*, and the bottome of a Manchet, let all these

stew

ſtew together, until not above one quart remains; then ſtrain it, and take all the fleſh, and ſweet bones beat them in a ſtone Morter, and ſtrain out all the juyce with the broth, then ſweeten it with two ounces of white Sugar-candy in pouder, and take thereof half a pint at once early in the morning warm, and ſleep after it if you can, and two hours before ſupper at your pleaſure; when you ſteep the root, ſlice two drachms of white Sanders, and as much red Sanders, and let them boil in the broth.

A gentle Purge.

Take an ounce of Damask Roſes, eat it all at one time, faſt three quarters of an hour after, then take a draught of Broth and dine.

Another Purge.

Take the weight of four or five pence of Rubarb, cut it in little pieces, and take a ſpoonful or two of goood Currans waſht very clean, ſo mingle

mingle them together, and so eat them, fast an hour after, and begin that meal with broth, you may take it an hour before if you will.

Broth for a Consumption.

Take a course Pullet, and sow up the belly, and an ounce of the conserves of red Roses, of the conserves of Borage and Bugloss flowers, of each of them half an ounce, Pine Apple kernels, and Pistatles, of each half an ounce bruised in a Morter, two drachms of Amber powder, all mixed together and put in the belly, then boil it in three quarts of water, with Egrimony, Endive and Succory, of each one handful, Sparrowgrass roots, Fennel roots, Caper roots, and one handful of Raisins of the Sun stoned, when it is almost boiled, take out the Pullet, and beat it in a stone Morter, then put it into the liquor again, and give it three or four walmes more, then strain it, and put to a little red Rose water, and

and half a pint of white Wine, and so drink it in a morning, and flee after it.

To prevent miscarrying.

Take *Venice* Turpentine, spread it on black brown paper, the breadth and length of a hand, lay it to the small of her back, then give her to drink a caudle made of Muscadine, and put into it the husks of twenty three sweet Almonds dryed, and finely poudered.

For Boiles, or Kibes, or to draw a Sore.

Take strong Ale, and boil it from a pint to four spoonfuls, and so keep it, it will be an Ointment.

To make Cammomil Oil.

Shred a pound of Cammomil, and knead it into a pound of sweet Butter, melt it, and strain it.

A Receipt for the Plurisie.

Take three round Balls of Horse-dung, boil them in a pint of white Wine till half be consumed, then strain

strain it out, and sweeten it with a little Sugar, and let the Patient go to bed and drink this, then lay him warm.

For an Ague.

Take a pint of milk and set it on the fire, and when it boils put in a pint of Ale, then take off the curd and put in nine heads of *Carduus*, let it boil till half be wasted, then to every quarter of a pint put a good spoonful of Wheat-flower, and a quarter of a spoonful of grosse Pepper, & an hour before the fit, let the Patient drink a quarter of a pint, and be sure to lye in a sweat before the fit.

An excellent Balm for a green Wound

Take two good handfuls of English Tobacco, shred it small, and put it in a pint of Sallade oil, and seeth it on a soft fire to simper, till the oil change green, then strain it, and in the cooling put in two ounces of *Venice* Turpentine.

For

For an Ach.

Take of the beſt Gall, white wine Vinegar, and *Aqua vitæ*, of each like quantity, and boil it gently on the fire till it grow clammy, then put it in a glaſs or pot, & when you uſe any of it, warm it againſt the fire, rub ſome of it with your hand on the aking place, and by a linnen cloath on it, do this mornings and evenings.

To make a Sear-cloath.

Virgins Wax, *Sperma Ceti*, *Venice* Turpentine, oil of white Poppy, oil of Ben, oil of ſweet Almonds.

For wind in the Stomach, and for the Spleen.

Take a handful of broom, and boil it in a pint of Beer or Ale till it be half conſumed, and drink it for the wind and the ſtomach, and for the Spleen.

A most excellent Water for a Consumption and Cough of the Lungs.

Take a running Cock, pull him alive, then kil him, when he is almost cold, cut him abroad by the back, & take out the Intrals, and wipe him clean, then cut him in quarters, and break the bones, put him into such a Still as you still Rose-water in, and with a pottle of Sack, a pound of Currans, a pound of Raisins of the sun stoned, a quarter of a pound of Dates, the stones taken out, and the Dates cut small, two handfuls of wild Thyme, two handfuls of Organes, two handfuls of Pimperbal, and two handfuls of Rosemary, two handfuls of Bugloss and Borage flowers, a pottle of new milk of a red Cow, still this with a soft fire, put into the glass that the water doth drop into, half a pound of Sugar-candy beaten very small, one book of leaf Gold cut small among the sugar, four grains of Ambergriece,

twelve

twelve grains of prepared Pearl, you muſt mingle the ſtrong water with the ſmall, and drink four ſpoonfuls at a time in the morning faſting, and an hour before ſupper, you muſt ſhake about the glaſs, when you drink it.

For a bruiſe.

Take ſix ſpoonfuls of Honey, a great handful of Linſeed, bruiſe theſe in a Morter, and boil them in a pint of Milk an hour, then ſtrain it very hard, and annoint your breaſt and ſtomack with it every morning and evening, and lay a red cloth upon it.

The Eye water for the infirmities and diſeaſes of the Eye.

Take of the diſtilled water of the white wild Roſe, half a pound of the diſtilled water of Celendine, Fennel, Eye-bright, and Rue of each two ounces, of Cloves an ounce and a half, of white Sugar-candy one drachm, of *Tutia* prepared four ounces, pulverize all theſe ingre-

diems each by themselves, saving that you must bruise the Camphire with your Sugar-candy, for so it breaks best, then mix all the pouders together in a Paper, put them in a strong glass, pour the distilled waters upon them, and three pints of the best French white Wine that can be had, shake it every day three or four times long together for a moneth, and then you may use it: remember to keep it very close stopt. This is *verbatim* as it was had from the Lord *Kelly*.

A Medicine very good for the Dropsie or the Scurvy, and to clear the Blood.

Take four gallons of Ale, drawn from the tap into an earthen Stand, when the Ale is two dayes old, then you must put in of Brook-lime, of Water-cresses, of Water-mints with red stalks, of each four handfuls, half a peck of Scurvy-grass, let all these be clean picked, and washed

and dried with a cloth, and shred with a knife, & then put into a bag, then put in the Ale and stop it close so that it have no vent, stop it with Ple paste; the best Scurvy-grass groweth by the water side, it must be seven daies after the slogs be in, before you drink it. Take two quarts of water, and put in four ounces of *Cuzicum*, two ounces of Sarsaparilla, one ounce of Saxifrage, put it to a pipkin, and infuse it upon the embers for twelve hours, and then strain it, and put it into the Ale as soon as it hath done working. the being added makes the more Cordle.

For sore Eyes.

Take half a pint of red Rose-water, put therein four penniworth Aloe succotrina, as much *Bole armoniac* in quantity, let them lye four and twenty hours in steep, then wash your eyes with it evenings and mornings with a Feather, and it will heal them.

A Sir

A Sirrup to strengthen the stomack, and the brain, and to make a sweet breath.

Take Rinds while they be new, one pound of running water the value of five wine pints, then seeth it unto three pints, then strain it, and with one pound of Sugar, seeth it to a *Sirrup*, and when you take it from the fire, put to it four grains of *Musk*.

For the burning in the back.

Take the juyce of Plantain, and Womans milk, being of a Woman Child, put thereto a spoonful of Rose-water, and wet a fine cloath in the same, and so lay it to your back where the heat is.

A very good Medicine to stay the Vomiting.

Take of Spare-Mints, Wormwood, and red Rose leaves dryed, of each half a handful, of Rye bread grated a good handful, boil all these in red Rose-water and Vinegar, till they be somewhat tender, then put it

into a linnen cloth, and lay it to the ſtomack as hot as you can endure it, heating it two or three times a day with ſuch as it was boiled in.

For Weakneſs in the Back.

Take Nip, and Clary, and the Marrow of an Oxe back, chop them very ſmall, then take the yolks of two or three Eggs, and ſtrain them all together, then fry them, uſe this ſix or ſeven times together, and after it drink a good draught of Baſtard or Muſcadine.

To make a Cap for the pain and coldneſs of the Head.

Take of Storix and Benjamine, of both ſome twelve penniworth, & bruiſe it, then quilt it in a brown paper, and wear it behind on your Head.

To make pectoral Rouls for a Cold.

Take four ounces of Sugar finely beaten, and half an ounce of ſearced Liquorice, two grains of Muſk, and

and the weight of two pence of the sirrup of Liquorice, and so beat it up to a perfect paste, with a little sirrup of Horehound, and a little Gum-dragon being steeped in Rose-water, then roul them in small Rolls and dry them, and so you may keep them all the year.

For the running of the Reins.

Take the pith of an Oxe that goeth down the back, a pint of red Wine, and strain them together through a cloath, then boil them a little with a good quantity of Cinnamon, and a Nutmeg, and a large Mace, a quantity of Ambergreece, drink this first and last dayly.

For Sun-burn.

Take the juyce of a Lemon, and a little Bay-salt, and wash your hand with it, and let them dry of themselves, wash them again, and you shall find all the spots and stains gone.

For a Pin, and Web, and redneſs in the eye.

Take a pint of white Roſe-water, half a pint of white Wine, as much of *Lapis Calaminaris* as a Walnut brulſed, put all theſe in a glaſs, and ſet them in the Sun one week, and ſhake the glaſs every day, then take it out of the Sun, and uſe it as you ſhall need.

A ſpecial Medicine to preſerve the Sight.

Take of brown Fennel, Honeyſuckles of the hedge, of wild Daiſie roots picked, and waſhed, and dryed, of Peal-wort, of Eyebright, of Red Roſes, the white clipped away, of each of theſe a handful dry gathered, then ſteep all theſe herbs in a quart or three pints of the beſt white Wine in an earthen pot, and ſo make lye in ſteep two or three dayes cloſe covered, ſtirring it three times a day, and ſo ſtill it with a gentle fire, making two diſtillings, and ſo keep it for your uſe.

Approved

A proved Medicine for the Yellow Jaundies.

Take a pint of *Muscadine*, a pretty quantity of the inner bark of a Barberry tree, three spoonfuls of the greenest goose-dung you can get, and take away all the white spots of it, lay them in steep all night, on the morrow strain it, and put to it one grated Nutmeg, one penniworth of Saffron dryed, and very finely beaten, and give it to drink in the morning.

To make Pectoral Boules.

Take one pound of fine Sugar, of Liquorice and Annise seeds two spoonfuls, *Elecampine* one spoonful, of Amber, and Curral, of each a quarter of a spoonful, all this must be very finely beaten and searced, and then the quantity that is set down must be taken, mix all these pouders together well, then take the white of an Egg, and beat it with a pretty quantity of Musk, then take a brazen morter very well secured,

and a ſpoonful or two of the Pouders, and drop ſome of the Egg to it, ſo beat them to a paſte, then make them in little rouls, and lay them on a place to dry.

A Plaiſter for a ſore Breaſt.

Take crums of white bread, the tops of *Mint* chopped ſmall; and boil them in ſtrong Ale, and make it like a poultes, and when it is almoſt boiled, put in the pouder of Ginger, and oil of time, ſo ſpread it upon a cloath, it will both draw and heal.

A Medicine for the dead Palſie, and for them that have loſt their ſpeech.

Take Borrage leaves, *Marigold* leaves, or floures, of each a good handful, boil it in a good Ale Poſſer, the Patient muſt drink a good draught of it in the morning, and ſweat; if it be in the armes or leggs, they muſt be chafed for an houre or two when they be grieved, and at meals they muſt drink of no other drink

drink till their speech come to them again; and in winter, if the hearbs be not to be had, the seeds will serve.

An approved Medicine for an Ach, or Swelling.

Take the flowers of Cammomil, and Rose leaves, of each of them a like quantity, and seeth them in white Wine, and make a Plaister thereof, and let it be laid as hot as may be suffered to the place grieved, and this will ease a pain, and asswage the swelling.

An approved Medicine for a stinking Breath.

Take a good quantity of Rosemary leaves and floures, and boil them in white Wine, and with a little Cinnamon and Benjamin beaten in pouder, being put thereto, let the Patient use to wash his mouth very often therewith, and this will presently help him.

A good Broth for one that is weak.

Take part of a Neck of Mutton, and a pretty running Fowl, and

them on the fire in fair spring water, and when it boileth, scum it well, so done, put in two large *Mace* and a few Raisins of the Sun stoned, and a little Fennel root, and a Parsley root, and let them boil, if the party be grieved with heat or cold in the stomack, if heat, put in a handful of barley boiled before in two waters, and some Violet leaves, Sorrel, Succory, and a little *Egrimony*, if cold, put in Rosemary, Thyme, a little Marigold leaves, Borrage, and Bugloss, and boil this from four pints to less than one.

A Receipt for Purging. D. T.

Take the leaves of new Senc six ounces, of chosen Rubarb one ounce and half, leaves of Sage, and Dock roots, of each one ounce, of Barberries half an ounce, Cinnamon, and Nutmeg of each an ounce, Annise seeds and Fennel seeds, of each six drachms, of Tamarisk half an ounce, Cloves and Mace, of each half a drachm, beat them into a grois

groſs pouder, and hang them in a linnen bag, in ſix gallons of new Ale, ſo drink it faſting in the morning and at night.

To comfort the ſtomach, and help windineſs and Rhume.

Take of Ginger one penniworth, Cloves four penniworth, Mace ſeven penniworth, Nutmeg four penniworth, Cinnamon four penniworth, and Galingal two penniworth, of each an ounce, of Cubebs, Corral, and Amber, of each two drachms, of Fennel ſeeds, Dill ſeed, and Carraway ſeed, of each one ounce, of Liquorice and Ann ſeeds, of each an ounce, all beaten into fine pouder, one pound and a half of fine beaten Suga, which muſt be ſet on a ſoft fire, and being diſſolved, the pouders being well mixed therewith till it be ſtiff, then put thereunto half a pint of red Roſe-water, and mix them well together, and put it into a gally pot, and take thereof faſt in the morning, and faſting the

evenings, as much as a good Hasel Nut, with a spoonful or two of red Wine.

To make a Caldice for a weake Person.

Take a good Chicken, and a piece of the neck end of Lamb or Veal, not so much as the Chicken, and set them on the fire, and when they boil & are wel scummed, cast in a large Mace, and the pieces of the bottome of a Manchet, and half a handful of French Barly boyled in three waters before, and put it to the Broth, and take such hearbs as the party requireth, and put them in when the broth hath boiled half an hour, so boil it from three and a half to one, then cast it through a strainer, and scum off all the fat, so let it cool, then take twenty good Jordan Almonds, or more if they be small, and grind them in a Morter with some of the Broth, or if you think your broth too strong, grind them with some fair water, and strain them with the

broth,

broth; then set it upon a few coals and season it with some Sugar, not too much, and when it is almost boiled, take out the thickest, and beat it all to pieces in the morter, and put it in again, and it will do well, so there be not too much of the others flesh.

For the Gout.

Take six drachms of Cirlacostine fasting in the morning, and fast two hours after it, you may roul it up in a Wafer, and take it as Pils, or in Sack, as you conceive is most agreeable for the Stomack; this proportion is sufficient for a Woman, and eight drachms for a man, and take it every second day, untill you find remedy for it, it is a gentle purge that works onely upon winds and water.

The poultess for the Gout.

Take a penny loaf of white bread, and slice it, and put it in fair water, two Eggs beaten together, a handful of red Rose leaves, two penniworth

of

of Saffron dried to pouder, then take the bread out of the water, and boil it in a quantity of good milk, with the rest of the ingredients, & apply it to the place grieved, as warm as you can well endure.

For them that cannot hear.

Put into their ears good dried Suet.

A Soveraign water, good for many Cures, and the health of Bodies.

Take a gallon of good *Gascoigne* Wine, white or Claret; then take Ginger, Galingal, Cardomon, Cinnamon, Nutmegs, Grains, Cloves, Anniseeds, Fennel seeds, Carraway seeds, of each of them three drachms, then take Sage, Mints, red Rose leaves, Thyme Pillitory, Rosemary, wild Thyme, wild Majoram, Organy, Penni mountain, Pennironyal, Cammomil, Lavendar, Avens, of each of them a handful, then beat the spices small, and the Herbs, and put all into the Wine, and let it

stand

ſtand for the ſpace of twelve hours, ſtirring it divers times: then ſtill it in a Limbeck, and keep the firſt water by it ſelf, for it is beſt, then will there come a ſecond water, which is good, but not ſo good as the firſt, the Vertues of this Water be theſe; It comforteth the Spirit Vital, and preſerveth greatly the Spirit vital, and preſerveth the youth of man, and helpeth all inward diſeaſes coming of cold, and againſt ſhaking of the Palſie, it cureth the contract of ſinews, and helpeth the conception of the barren, it killeth the worms in the belly, it killeth the Gout, it helpeth tooth-ach, it comforteth the ſtomack very much, it cureth the cold Dropſie, it breaketh the ſtone in the back, and in the reins of the back, it cureth the Canker, it helpeth ſhortly the ſtinking breath; and whoſoever uſeth this water oft, it preſerveth them in good liking; this water will be better if it ſtand in the Sun all the Summer, and you muſt draw off the

the first water but a pint, and of the second as far as it will run, untill the whole gallon of wine and hearbs be all done out, but the last water is very small, and not half so good as the first; if you do draw above a pint of the best water, you must have all things more as is aforesaid.

To stench the bleeding of a Wound.

Take a Hounds turd and lay it on a hot coal, and bind it thereto, and that shal stanch bleeding, or else bruse a long worm, and make pouder of it, and cast it on the wound, or take the ear of a Hare, and make pouder thereof, and cast that on the wound, and that wil stench bleeding.

For spitting of blood after a fall or bruise.

Take Bittany, Vervain, Nosebleed, and five leaved grasse, of each alike, and stamp them in a morter, and

and wring out the juyce of them, and put to the juice as much Goats milk, and let them ſeeth together, and let him that is hurt drink of it ſeven dayes together, till the waxing of the *Moon*, & let him drink alſo Oſmory and Cumfry with ſtale Ale, and he ſhall be whole.

For to heal him that ſpitteth Blood.

Take the juyce of Bettony, and temper that with good milk, and give the ſick to drink four dayes, and he ſhall be whole.

For to know whether one that hath the Flux ſhall live or die.

Take a penny weight of Treſoile ſeed, and give him to drink in Wine or Water, and do this three dayes, and if it ceaſe he ſhall live, with the help of *Medicine*, if not, he ſhall die.

For to ſtench the bleeding of a Vein.

Take Rue and ſeeth it in water, and after ſtamp it in a *Morter*, and lay it on the Vein, then take Lambs

wooll

wool that was never washed, and lay that thereon, and that shall stench bleeding.

For a Vein that is evil smitten.

Take Beans and pull away the lack, and seeth them well in Vinegar, and lay them on the Vein hot, in manner of a Plaister.

For one that pisseth blood.

Take and seeth Garlick in water, till the third part be wasted away let him drink of the water, and he shall be whole.

For a woman travelling with Child.

Take and give her Tittany to drink in the morning; and she shall be delivered without peril, or else give her Hysop with water that is hot, and she shall be delivered of the child, although the child be dead and rotten, and anon when she is delivered, give her the same without Wine, or bind the herb Argentine to her nostrils, and she shall be soon delivered, or else Polipody & stamp it,

it, and lay that on the womans foot in manner of a Plaiſter, and ſhe ſhall be delivered quick or dead, or elſe give her Savory with hot water, and ſhe ſhall be delivered.

Againſt Surfeiting and digeſting.

Take the bottome of a wheat loaf, and toaſt it at the fire, till it be very browne and hard, and then take a good quantity of *Aqua vitæ*, and put upon the ſame toaſted, and put it in a ſingle linnen cloth, and lay it at the breaſt of the Patient all night, and with the help of God he ſhall recover, and he ſhall vomit or purge ſoon after.

A water to comfort weak Eyes, and to preſerve the ſight.

Take a gallon and a half of old wheat, fair and clean picked from all manner of ſoyle, and then ſtill it in an ordinary Still with a ſoft fire, and the water that comes of it muſt be put in a glaſs, then take half a pound of white Sugar-candy, and bruiſe it in a morter to pouder, and

after

after three dayes, when the water hath been in a glass, then put in the poudered Candy, then take an ounce of *Lapis Tutiæ* prepared, and put it into the glass to the rest of the stuffe, then take an ounce of Camphire and break it between your fingers small, and put it into the glass, then stop the glass close, and the longer it stands, the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar-candy as much as a Chesnut, and put it into three or four spoonfuls of white wine to steep, then take it out again and dry it, and when it is dry, bruise it in a clean Morter that tastes of no spice, then put it upon a white Paper, and so hold it to the fire that it may be through dry, and then searce it through a little sieve.

For hot eyes and red.

Take slugs, such as when you touch them will turn like the pummel of swords, a dozen or sixteen, shake

shake them first in a clean cloth, and then in another, and not wash them, then stamp them, and put three or four spoonfuls of Ale to them, and strain it through a dry cloath, and give it the party morning and evening, first and last.

For Corns.

Take fair water half a pint, Mercury sublimate a penniworth, Allum as much as a bean, boil all these together in a glass Still, till a spoonful be wasted, and always warm it when you use it, this water is also good for any Itch, Tetter, Ringworm or Wart.

A Searcloth for a Sore, or Sprain, or any Swelling.

Take Vervain seven ounces, of *Siros* seven ounces, of Camphire three drachms, of oyl of Roses ten ounces, let the Wax and this Oil boil till the Wax be melted, then put in your *Siros* finely beaten, stirring it on the fire till it look brown, then put in the Camphire finely beaten

and let it boil two or three walmes, and thendip in your cloaths.

A Poulteſs for a Swelling.

Take a good handful of Violet leaves, and as much Grundſel, of Chickweed and Marlowes, half a handful, cut all theſe with a knife, and ſo ſeeth them well in Conduit water and thicken it with Barly meal, being finely ſifted, and ſo reul it ture, and lay it to the ſwelled place, and ſhift it twice a day.

To make a ſtrong water good for a Canker, or any old Sore or to eat any lump of fleſh that groweth.

Take of Calcedine a handful, of red Sage a handful, and of Wood-bind leaves a handful ſhred all theſe together very ſmall and ſteep them in a quart of white Wine, and a pint of water, letting it ſtand all night, and on the morrow ſtream it, and put therein of Borax, and Camphire of each nine pennyworth, and of

Mer-

Mercury four penniworth, and set them on a soft fire, boiling softly for the space of an hour, and when you will use it, warm a little of it, dip in it a cloth, and lay it on the Sore, or dip it in any Cotton.

To heal any bruise, sore, or Swelling,

Take two pound of Wax, and two pound of Resin, and two pound and a half of Butter, a dozen spoonfuls of Flower, a dozen good spoonfuls of Honey, put in your Wax, Resin, and your Butter altogether, boil all these together and clarifie it, then put in two ounces of Carmenick, and when it hath thus boiled a quarter of an hour, put a little water in a dish, and put in, and let it stand till it be cold, and when you will use it, you may melt it on a soft fire, and put in your cloaths, and make Searcloth, & you may spread it Plaister-wise to heal any wound.

A Medicine

A Medicine for any wound old or new.

Take a pint of Sallade Oil, and four ounces of Bees Wax, and two ounces of Stone pitch, and two ounces of Rosin, and two ounces of *Venice* Turpentine, and one pennyworth of Frankinsence, and a handfull of Rosemary tops, and a handfull of Tutson leaves, and a handful of Plantaine leaves; these hearbs must be stamped, and the juyce of them put to the things aforesaid, and let them boil together about a quarter of an hour, or there abouts, this being done, put it into an earthen pot, and when it is cold you may use it as you have occasion, and keep it two year, a most excellent Medicine.

A Medicine for a Wen.

Take black Sope and unquencht Lime, of each a like quantity, beat them very small together, and spread it on a woolen cloath, and lay it on the Wen, and it will consume it away.

For breaking out of Childrens heads.

Take of white Wine, and sweet Butter alike, and boil them together till it come to a Salve, and so annoint the head therewith.

For to mundifie, and gently to cleanse Ulcers, and breed new flesh.

Take Rosin eight ounces, *Colophonia* four ounce, *Era & Oliva, ana.* one pound, *Adypis ovyni, Gum Ammoniaci Opoponaci, ana* one ounce, fine *Eruginis æris*, boile your Wax, *Colopheni*, and Rosin, with the oil together, then strain the Gums, being first dissolved in Vinegar, and boil it with a gentle fire, then take it off, and put in your *Verdigrice*, and fine powder, and use it according to Art.

A Fomentation.

Take the liquor wherein Neats-feet have been boiled, with Butter, and new Milk, and use in a manner of a Fomentation.

For the Falling sickness, or Convulsions.

Take the dung of a Peacock, make it into powder, and give so much of it to the Patient as will lye upon a shilling, in Succory water fasting.

For a Tetter, proceeding of a salt humor in the Breast and Paps.

Annoint the sore place with Tanners Owse.

For the bloody Flux.

Take the bone of a Gammon of Bacon, and set it up on end in the middle of a Charcoal fire, and let it burn til it look like Chalk, and that it will burn no longer, then powder it, and give the powder thereof unto the sick.

A Plaister for all manner of Bruises.

Take one pound of mede w x & a quarter of Pitch, half a quarter of Galbanum, and one pound of th eps tall w, shred them and set them softly, and put them to a lit-

wh

white Wine, or good Vinegar, and take of Frankincense, and Mastick, of each half an ounce in powder, and put it to, and boil them together, and stir them til it be well clented, and spread this salve upon a mighty Canvas that will over-spread the sore, and lay it thereon hot till it be whole.

To make Elos Unguentorum.

Take Rosin, Terrosin, and half a pound of Virgin wax Frankincense a quarter of a pound, of Mastick half an ounce, of Sheeps tallow a quarter of a pound, of Camphire two drachms, melt that that is to melt, and powder that that is to powder, and boil it over the fire, and strain it through a cloth into a bottle of white Wine, and boil it altogether, and then let it cool a little, and then put thereto a quartern of Turpentine, and stir all well together till it be cold, and keep it well. This Ointment is good for sores old and new,

it suffereth no corruption in the Wound nor no evil flesh to be gendered in it, and it is good for head-ach, and for all manner of Impost-humes in the head, and for wind in the brain, and for Impost-humes in the body, and for boiling ears and cheeks, and for sauce flegm in the face, and for Sinews that be knit, or stiffe, or sprung with travel; it doth draw out a thorn, or Iron, in what place soever it be; and it is good for biting or stinging of venemous beasts; it rotteth and healeth all manner of Botches without, and it is good for a Fester, and Canker, & *Nolime Tangere*, and it draweth out all manner of aking of the Liver, and of the spleen, and of the Mervs, and it is good for aking and swelling of many members, and for all members, and it ceaseth the flux of Menstrua, and of Emeroids, and it is a special thing to make a fumed cloth to heal all manner of sore, and it searcheth far best inward of any

Ointment.

An Ointment for all sorts of Aches.

Take Bettony, Cammomile, Celendine, Rosemary, and Rue, of each of them a hand ful, wash the herbs, and press out the water, and then chop or stamp them very small, and then take freth Butter unwashed and unsalted a quart, and seeth it until half be wasted, and clarified, then scum it clean, & put in of oil Olives one ounce, a piece of Virgins Wax, for to harden the Ointment in the summer time, and if you make it in the winter, put into your Ointment a little quantity of foot-fennel instead of the Virgins Wax.

An excellent Sirrup to purge.

Take of *Sena Alexandria* one pound, Polipodium of the Oak four ounces, Sarsaparilla two ounces, Damask Prunes four ounces, Ginger seven drachms, Annise seeds one ounce, Cummin seed half an ounce,

Carraway seeds half an ounce, Cinnamon ten drachms, *Aristolochia rotunda*, *Peonis*, of each five drams, Rubarb one ounce, Agarick six drachms, Tamarisk two handfuls, boil all these in a gallon of fair water unto a pottle, and when the liquor is boiled half away, strain it forth, and then put in your Rubarb and Agarick in a thin clean handkerchief, and tie it up close, and put into the said liquor, and then put in two pound of fine Sugar, and boil it to the height of a *Sirrup*, and take of it the quantity of six spoonfuls, or more or less as you find it worketh in you.

To make drink for all kind of Surfeits

Take a quart of *Aqua*, or small *Aqua vitæ*, and put in that a good handful of Cowslip flowers, Sage flowers a good handful, and of Rosemary flowers a handful, sweet Majoram a little, Pellitory of the wall

wall a little, Bettony, and Balm each a pretty handful, Cinnam half an ounce, Nutmegs a quart of an ounce, Fennel seed, Annise seed, Corlander seed, Carraway seed, Grumwel seed, Iuniper berries of each a drachm, bruise your spices and Seeds, and put them into your *aqua* or *aqua vitæ*, with your herbs together, and put to that three quarters of a pound of very fine Sugar, stir them together and put them in a glass, and let it stand nine dayes in the Sun, and let it be stirred every day, it is to be made in *May*. steeped in a wide mouthed glass, and strained out into a narrow mouthed glass.

A Medicine for the Reins of the back.

Take Housleek, and stamp and strain it, then dip a fine linnen cloth into it, and lay it to the Reins of the back, and that will heal it.

A Medicine for the Ach in the Back.

Take Egrimony, and Mugwort both leaves and roots. add stamp it

th old Bores grease, and temper wi h Honey and Eysell, and lay to the back.

For a Stitch.

Take Roses, and Cammomil, of each a handful, and oyl of Roses, & oil of Cammomil, of both together a saucer full, and a quantity of Barly flower, boil all these together in Milk, and then take a l n en bag, and put it therein, and lay the plaister as hot as may be suffered where the stitch is.

To make a salve for wounds that be cankered and do burn.

Take the juyce of Smallage, of Morrel, of Waberb of each a like, then take the white of Eggs, and mingle them bogether, and put thereto a little Wheat fl wer, and stir them together till it be thick, but let it come near no fire, but all cold, let it be laid on raw to the sore, and it shall cleanse the wound.

A Medicine for Bone ach.

Take Brook-lime and Smallage, and

and Dasies, with fresh Sheeps tallow, and fry them together, & make thereof a plaister, and lay it to the sore hot

For Sinews that are shrunk.

Take young Swallows out of the nest a dozen or sixteen, and Rosemary, Lavender, and rotten Strawberry leaves, strings and all, of each a handful, after the quantity of the Swallows, the feathers, guts and all, bray them in a mortar, and fry all them together with *May* Butter, not too much, then put into an earthen pot, and stop it close nine dayes then fry it again with *May* Butter, and fry it well, and strain it well, when you shall use it, chafe it against the fire.

A water for the biting of a mad Dog.

Take Scabios, Matfillne, Yarrough, Nightshade, wild Sage, the leaves of white Lillies, of each a like quantity, and still them in a common Still, and give the quantity of

three or four ſpoonfuls of the Water mingled with half a handful of Triacle, to any man or beaſt that is bitten within three dayes after the biting, and for lack of the water, take the juices of theſe Herbs mingled with Triacle, it will keep the ſore from rankling; take Dittany, Egrimony, and ruſty Bacon, and beat them fine together, and lay it unto the wound, and it will keep it from rankling.

A proved Medicine for any one that have an Ague in their breaſt.

Take the Patients own water, or any others that is very young, and ſet it on the fire, put therein a good handful of Roſemary, and let it boil, then take two red cloathes, and dip them in the water, then nip it hard, and lay it on the breaſt as hot as it may be endured, & apply it till you ſee the breaſt aſſwaged, then keep it very warm.

To kill a Felon.

Take red Sage, white Sope, and boile

bruise them, and lay it to the Fellon, and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as much Vinegar, the crums of leavened bread, and a little Honey, & boil them altogether, till they be thick, and lay that hot to the joynt where the Fellon is, and that will heal it.

Doctor Stevens *Soveraign Water.*

Take a gallon of good Gascoign Wine, then take Ginger, Galingal, Cancel, Nutmeg, Grains, Cloves, Annise seeds, Carraway seeds, of each a drachm, then take Sage, Mints red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Cammomile, Lavender, of each one handful; then bray both Spices and Herbs, and put them all into the Wine, and let them stand for twelve hours. divers times stirring them, then still that in a Limbeck, but keep that which you still first by it self, for that is the best

but the other is good also, but not so good as the first.

The Vertues of this water are these, It comforteth the Spirits Vitall, and helpeth the inward diseases which come of cold; and the shaking of the Palsie, It cureeh the contraction of Sinews, and helpeth the conception of Women that be barren, it killeth worms in the body, It cureth the cold Cough, It helpeth the toothach, it comforteth the stomach, it cureth the cold Dropsie, it helpeth the Stone, it cureth shortly a stinking breath, and who soulieth this water enough, but not too much, it preserveth him in good liking, making him young,

Doctor Willoughbies *Water*.

Take Galingal, Cloves, Cubebs, Ginger, Mellilot, Cardamome, Mace, Nutmegs, of each a drachm, and of the juyce of Celendine half a pint, and mingle all these made in powder with the said juyce, and with

a pint

a pint of good *Aquavitæ*, and three pints of good white Wine, and put all these together in a Still of glass, and let it stand so all night, and on the morrow still it with an easie fire as may be.

The Vertue is of secret nature, it dissolveth the swelling of the Lungs without any grievance, and the same Lungs being wounded or perished it helpeth and comforteth, and it suffereth not the blood to putrifie, he shall never need be to let blood that useth this Water, and it suffers not the heart to be burnt, or Melancholy or flegm to have dominion above nature, it also expelleth the Rheum, and purifieth the stomach, it preserve h the visage or memory, and destroyeth the Palsie, and if this water be given to a man or woman labouring towards death, one spoonful relieveth. In the Summer time use once a week fasting the quantity of one spoonful, and in winter two spoonfuls.

A Medicine

A Medicine for them that have a pain after their child bed.

Take Tar, and fresh Barrowes grease, and boil it together, then take Pigeons Dung, and fry it in fresh grease, and put it in a bag.

For the drink: Take a pint of Malmsey, and boil it, and put Bay-berries and Sugar in it, the Bay-berries must be of the whitest, and put therein some Sanders.

Take some fair water, and set it over the fire, and put some ground Malt to it, when they use these things they must keep their bed.

For the running of the Reins.

Take *Venice* turpentine rowled in Sugar and Rose-water, swallow it in pretty rowls, and put a piece of Scarlet warm to your back.

For Cods that be swollen.

Stamp Rue and lay thereto.

To draw an Arrow head, or other Iron out of a wound.

Take the juyce of *Valerian*, in the which

which you shall wet a Tent, and put it into the wound, and lay the same Herb stamped upon it, then your band or binding as appertaineth, and by this means you shall draw out the Iron, and after heal the wound as it requireth.

A Pluister, for a green Wound.

Take Flower and Milk, and seeth them together till it be thick, then take the white of an Egg and beat them together, and lay it to the wound, and that will keep it from rankling.

For a Lask.

Take an Egg, and *Aquavitæ*, and boil it with the Egg till it be dry: then take Cinnamon & Sugar and eat with the Egg.

For him that hath a bunch or knot in his head, or that hath his head swollen with a fall.

Take one ounce of Bay Salt, raw Honey three ounces, Turpentine two ounces, intermingle all this well upon

upon the fire, then lay it abroad upon a linnen cloath, and thereof make a plaister the which you shall lay hot to the head, and it will altogether asswage the swelling, and heal it perfectly.

Against the biting of any venemous Beast.

As soon as the person feeleth himself bi with any venemous beast, or at least, so soon as it is possible, let him take green leaves of Fig-tree, and press the Milk of them three or four times into the wound: And for this also serveth *Mustard* seed mingled with Vinegar.

A perfect Remedy for him that is sore wounded with any Sword or Staffe.

Take *Texas barbatas*, and stamp it, and take the juyce of it, and if the Wound bleed, wipe it, and make it clean, washing it with white Wine, or Water, then lay the said juice upon the wound, and the herb whereof

of you take the juyce, upon it, then make your band, and let it abide on a whole day, and you shall see a wonderful effect.

A Bag to smell unto for Melancholy, or cause one to sleep.

Take dry Rose leaves, keep them close in a glass which will keep them sweet, then take powder of Mints, powder of Cloves in a grosse pouder and put the same to the Rose leaves, then put all these together in a bag, and take that to bed with you, and it will cause you to sleep, and it is good to smell unto at other times.

For spitting of Blood.

Take the juyce of Bettony tempered with Goats Milk, and drink thereof three or four mornings together

An Ointment for all Sores, Cuts, Swellings, and Heat.

Take a good quantity of Smallage, and Mallowes, and put thereto two pounds of Boars grease, one pound

upon the fire, then lay it abroad upon a linnen cloath, and thereof make a plaister the which you shall lay hot to the head, and it will altogether asswage the swelling, and heal it perfectly.

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pound of Butter, and oil of Neats foot a quantity, ſtamp them well together, then fry them, and ſtrain them into an earthen pot, and keep it for your uſe.

A ſalve for a new Hurt.

Take the whiteſt Virgins wax you can get, and melt it in a pan, then put in a quantity of Butter and Honey, and ſeeth them together, then ſtrain them into a diſh of fair water, and work it in your hands, and make it in a round Ball, and ſo keep it, and when you will uſe it, work ſome of it between your hands, and ſtrike it upon a cloath, and lay it upon the ſore, and it will draw and heal it.

Againſt the biting of a mad Dog, and the rage or madneſs that followeth a man after he is bitten.

Take the bloſſomes or flowers of wild Thiſſles dryed in the ſhade and beaten to powder, give him to drink of that powder in white Wine half a

Walnut

Walnut shell full, and in thrice taking it he shall be healed.

Against the grief in the Lungs, and spitting of blood

Take the Herb called of the Apothecary *Ungula Caballina*, in English, Colts-foot, incorperated well with the lard of a Hog chopped, and a new laid Egg, boil it together in a pan, and give it to the patient to eat, doing this nine mornings, you shall see a marvellous thing, this is also good to make a man fat.

Against spitting of Blood by reason of some Vein broken in the Breast.

Take Mice dung beaten into pouder, as much as will lie upon a groat and put it in half a glass full of the juice of Plantane with a little sugar, and so give the patient to drink thereof in the morning before breakfast, and at night before he go to bed, continuing the same, it will make him whole and sound.

For

For to cleanse the Head.

Take Pellitory of *Spain*, and chew the roots three days, a good quantity, and it will purge the head, and do away the Ach, and fasten the teeth in the gums.

A good Remedie against the Plurisie

Open a white loaf in the middle new baked, and spread it well with Triacle on both the halfs on the crown side, and heat it at the fire, then lay one of the halfs on the place of the disease, and the other half on the other side of the body directly against it, and so bind them that they lose not, nor stir, leaving them so a day and a night, or until the Impostume break, which I have sometimes seen in two hours or less, then take away the bread, and immediately the Patient will begin to spit and void the purifaction of the Impostume, and after he hath slept a little, you shal give him meat, and with the help of God he shall shortly heal.

For a Pin, or Web in the Eye.

Take two or three Lice out of ones head, and put them alive into the eye that is grieved, and so close it up and most assuredly the Lice will suck out the Web in the eye, and will cure it, and come forth without any hurt.

A Remedy to be used in a fit of the Stone when the water stops.

Take the fresh shels of Snails the newest will look of a redd sh colour and are best, take out the snails, and dry the shels with a moderate heat in an oven after the bread is drawn, likewise take Bees and dry them so, and beat them severally into pouder, then take twice so much of the Bees powder as the snails, and mix them well together, keep it close covered in a glass, and when you use it, take as much of this powder as will lie upon a sixpence, and put it into a quarter of a pint of the distilled water of Bean flowres, and drink it fa-

fting, or upon any empty ſtomack, and eat nor drink nothing, for two or or three hours after.

This is good to cauſe the party to make urin, and bring away the gravel or ſtone that cauſeth the ſtopping, and hath done very much good.

A Sirrup for the pain in the ſtomack.

Take two good handfuls of young Rue, boil it in a quart of good white Wine Vinegar till it be half conſumed, ſo ſoon as it is through cold, ſtrain it, and put to every pint of the liquor a pound and a quarter of loaf-Sugar, and boil it till it come to a Sirrup, when you uſe it, take a good ſpoonful of this in the morning faſting, and eat nor drink nothing for two or three hours after, it is good for pain in the ſtomack that proceeds of windy vapours, and is excellent good for the Lungs and obſtructions of the Breaſt.

Re-

Receipts for bruises, approved by the Lady of Arundel.

Take black Jet, beat it to pouder and let the patient drink it every morning in beer till it be well.

Another for the same.

Take the sprigs of Oak trees, and put them in a paper, roast them, and break them, and drink as much of the powder as will lie upon a six-pence every morning, until the Patient be well

To cause easie labour.

Take ten or twelve daies before her looking, six ounces of brown Sugar-candy beaten to powder, a quarter of a pound of Raisins of the Sun stoned, two ounces of Dates unstoned, sliced, half an ounce of Annise seeds bruised, a quarter of an ounce of Cowslip flowers, one drachm of Rosemary flowers, put these in a fine lawn bag with a flint stone that it may sink into a pottle of white Wine, let it steep four and twenty

twenty houres, and after take of it in the morning, and at four in the afternoon, and in the evening, the quantity of a wine glasse full.

A Cordial for the Sea

Take one ounce of Sirrupe of Clove-Gilliflowers, one drachm of *Confectio Alkermes*, one ounce and a half of Borrage water, and the like of Mint-water, one ounce of Mr. *Mountfords* water, and as much of Cinnamon-water, temper all these together in a Cordial, and take a spoonful at a time when you are at Sea.

A Plaister to strengthen the Back.

Take eight yolks of Eggs new laid, one ounce of Frankincense beaten into fine powder, mingle them well together, put in as much Barly flower as will make it thick for a Plaister, spread it on leather, lay it to the small of the back, letting it lie nine houres, use four plaisters one after another, you

must slit the plaister in the midst, so as it may not lie on the back bone.

A present remedy for a woman with child, that hath taken harm by fall, or fright, or any mischance.

To stay the child, and strengthen it, take one ounce of Pickerel jawes fine beaten and searced, of Dates stones, and *Bole Armoniack*, of each one ounce, of *Sanguis Draconis*, half an ounce, give of these, being well searced and mingled together, a French Crown weight in Muskadine or Malmsey, and let the woman keep her very warm.

For a weak back.

Take of red lead half a pound, of white Lead half a pound, boil these in three pints of Sallade oil in a pipkin, stirring them continually with a piece of Iron, until it be of a gray colour, then rowl it up in rowls, and keep it for your use.

Oyl of Saint Johns *Wort.*

Take a quart of Sallade oil, put thereto a quart of the flowers of St. *Johns* Wort well picked, let them lie therein all the year, till the seeds be ripe, the glass must be kept warm, either in the Sun or in water all the Summer untill the seeds be ripe, then put in a quarter of Sain *Johns* Wort seeds whole, and so let it stand twelve hours, then you must seeth the oil eight hours, the glass being kept open, and the water in the pot full as high as the oil is of height in the glass, then when it is cold strain it, that the seeds may not remain in the oil, and then put up the oil for your use.

A green Salve for an old Sore

Take a handful of Groundsell, as much Housleek, of Marigold leaves a handfull, pick and wipe these Herbs clean, but wash them not, then beat all these hearbs in a wooden bowl as small as is possible, then strayn out all the juyce, and put in a quan-

quantity of Hogsgrease, as much as two Eggs, beat all these together again, then put in the juyce again, and put in ten Eggs, yolkes and whites, five spoonfuls of English Honey, and as much wheat flower as will make all this as thick as a salve, and so stir it very well together, and put it close up in a pot that it take no air, and so keep it for your use.

A most excellent Powder for the Cholick and Stone.

You must take it morning and evening before you go to bed, *Sperma Coti* one ounce and half, Cloves and Mace one quarter of an ounce, Annise-seeds, and *Persione*, of each two ounces, Cinnamon, and small Pepper of each one quarter of an ounce, Date stones a quarter of an ounce, Liquorice Fennel, and Sage, Bay berries, of each three quarters of an ounce, Acorns one quarter and half of an ounce Lilly roots two drachms, the white of

Oyster-shells burned in the fire one quarter of an ounce, beat all these into fine powder, and drink as much thereof in Ale or Beer as will lye on a sixpence, and fast one hour or two after it; if the party be so grieved, take one handful of Parsly, & seeth it in Ale till half be sod away with twenty or thirty Prunes therein strained, & put thereto two spoonfuls of this powder, and drink it mornings and evenings somewhat warm.

A present Remedy for the Running of the Reins.

Take an ounce of Nutmegs, half an ounce of Mastick, then slice the Nutmegs, and put them in steep in Rose-Vinegar all one night, then lay them in a dish to dry before the fire, then take the Mastick, and lay it in Papers, and beat it with a hammer very small, and put a little Corral well beaten unto it, and as much Ambergreece, then mingle these

things

things together with Sugar & make it pleasant to eat, and to take a good quantity morning and evening.

A Salve for a green Wound

Take two handfuls of water Dittany, two handfuls of *Rosemary* shred very small, a quarter of a pint of Turpentine half a pound of yellow Wax, a quart of Sallade oil, half a pint of White-Wine, boil all these together while the White-Wine be quite consumed, then it will be green and come to the height of a Salve.

A proved Medicine for a burning or scalding by lightning or otherwise

Take Hogs grease, or sheeps treacles, and Alehoof, beat these very well together, then take more Hogs grease, and boil it to a Salve.

To use it.

Annoint the place grieved with this Ointment, and then lay upon the sore so annointed, Colewort leaves,

which must be boiled very soft in water, and the strings made smooth with beating them with a Pestle.

A Powder for the green sickness approved with very good success upon many.

Take of Cloves, Mace, Nutmegs, of each one quarter of an ounce, beat them severally, and then altogether very well, fine sugar very small beaten one quarter of a pound, and then mix and beat them all four together, Pearl the sixt part of half an ounce finely beaten, mingle it with the rest, and beat them altogether again, the filing of Steel or Iron an ounce and a quarter, sift it very fine, & mingle it with the rest, but if so small a quantity will not serve, add a quarter more of the mettle, let it be sifted before you weigh it, but if all this will not serve the turn, put in a little Rubarb, or a little Aloe succatrina.

The manner of using this Powder.

In the morning when you rise take half a spoontul of it, as much at four a clock in the afternoon, and as much when you go to bed, walk or stir much after the first taking of it, I mean every morning and evening, fast one hour after the taking of it, or more, and then eat some Sugar sops or thin broth.

The Patients Diet.

She must forbear Otemeal in broth or any other thing, Cheese, Eggs, Custards, or any stopping meat: take care that this be not given to any woman that hath conceived or is with Child.

A drink to stanch blood inwardly.

Take the juyce of one handful of Shepheards purse, of Parsly, and Five finger, of each as much, take five slips of Egrimony, strain all these juices into the milk of a red Cow, and drink thereof early and late warm.

A Powder to keep the Teeth clean, and from worm eaten.

Take Rosemary burned to ashes, Cuttles bone, Harts-horn burned to powder, *Sall Gemmæ* twelve peny weight, the flowers of Pomegranates, white Corral, of each a six-penny weight, make all these in powder, and with a little Rose-water, and a Sage leaf, rub the teeth.

A Salve to heal all manner of Sores and Cuts.

Take one pint of Turpentine, one pint of oil Olives, a quarter of a pint of running Water, nine branches of Rosemary, one ounce of unwrought Wax, two ounces of Roses, seeth all these together in a little pan over the fire, let it seeth until there arise a little white scum upon it, then stir it with a stick, suffering it to boil until one quarter be consumed, then take it from the fire, strain it through a course cloth, but it must be done quickly after it be taken from the fire for cooling, after you have strained

it

it in an earthen pot, let it cool, and keep it for your use.

To make Oil of Sage good for the grieſe in any joynt or for any ach.

Take ſage and Parſley ſhred them in the oil Olive, till it be thick and green.

A Medicine to purge and amend the Heart. Stomack. Spleen. Lives, Lungs and Brain.

Take Alexander, Water-creſſes, young Mallows, Borage and Fennel roots pared, Mercury, Harts-tongue, and Clare, and make of theſe Pottage.

To drive infectious diſeaſes from the heart.

Take *Mithridate* and Century, of each two ounces, eight ſpoonfuls of Dragon Water, one pint of white Wine ſeven ſpoonfuls of *Aqua vitæ*, boil altogether a little, ſtrain it, then ſet it on the fire again a little while, and drink of it morning and evening.

For the Tooth-ach.

Take Pepper and Grains, of each one ounce, bruise them, and compound them with the water of the diseased, and make it for a good thickness, and lay it outward on the cheek against the place grieved, and it will help it for ever after.

Another.

Take dryed Sage, make powder of it, burnt Allum, Bay-Salt dryed, make all in fine powder, and lay it to the tooth where the pain is, and also rub the gums with it.

For the Strangullion or the Stone.

Take the inner rind of a young ash between two or three years of growth, dry it to powder, and drink of it as much at once, as will lie on a sixpence in Ale or white Wine, and it will bring present remedy: the party must be kept warm two hours after it.

For the Stone.

Take the stone that groweth within the gall of an Oxe, grate it, and drink

drink of it in white Wine, as much as will lie upon a six pence at once, for want of white Wine make a posset of Ale, and clarifie the Ale from the curd, then boil one handful of Pellitory therein, and drink of the powder with it.

For the black Jaundies.

Take earth Worms, wash them in white Wine, then dry them, and beat them into powder, and put to a little Saffron, and drink it in beer.

A drawing Salve for an old Sore.

Take Rosin half a pound beaten to powder; Sheeps tallow a quarter of a pound, melt them together, and pour them into a Bason of water, and when they begin to cool a little, work them well with your hands in the water, and out of the water, drawing it up and down the space of one hour till it be very white, then make it up in rowls, and reserve it, to strike thin plaisters upon old Sores.

A water to wash sores withall.

Take Wormwood, Sage, Plantain leaves, of each one handful, Allum two ounces, Honey two saucers full, boil all these together in three pints of water till half be consumed, then strain it, and reserve that liquor to wash the sore withall

A Medicine to cure the Garget in the throat.

Take a pint of May butter, and put it on the fire in a possnet, and put into it of the inner bark of Elder one good handful, & some Dasie roots, seeth it to half the quantity, and strain it, and so keep it cool, take this ointment and annoint your throat, then take the ointment, and strike a long plaister with it very thick of the ointment, then strike upon the ointment the best Jane triacle, and upon that strew grosse pepper very thick, strike it on with a knife warm, the plaister, and bind it to your throat to your ears, renew it once a

day with the ointment, and the Triacle and pepper, and lay it on again, before you use this ointment, scour your mouth and throat with the powder of Roch Allum burned, mix it with the powder of Madder or Pepper.

For the hearing.

Take an Onion, take the core out of it, fill it with Pepper, slice it in the midst, being first wrapt in paper, and roasted in the embers, lay it to each ear.

For a dead Child in a womans Body.

Take the juice of hyssop, temper it in warm water, and give it the woman to drink.

For a woman that hath her flowers too much

Take a Hares foot, and burn it, make powder of it, and let her drink it with stale Ale.

A Medicine for the Gout.

Take Tetberry roots, and wash and scrape them clean, and slice

them thin, then take the greaſe of a Barrow hog, the quantity of either alike, then take an earthen pot, then lay a lane of greaſe at the bottome, then a lane of roots, then the greaſe again, and ſo roots and greaſe till the pot be full, then ſtop the pot very cloſe, & ſet it in a dunghil one & twenty dayes, then beat it altogether in a bowl, then boyl it a good while, then ſtrain it, and put in a pennyworth of *Aquavitæ*, then annoint the place grieved very warm againſt the fire.

A Diet drink for the running Gout, Ach in the Joynts, and for all infections.

Set ſeven quarts of water on the fire, and when it boyleth, put therein four ounces of *Sarſaparilla*, bruiſed, and let it boil two hours very ſoftly, cloſe ſtopped or covered, then put in four ounces of Sene, three ounce of Liquorice bruiſed, of *Stœchados*, *Hermodactil*, *Epythimum*, and of Camomail flowers, of every one half an

ounce,

ounce, and so boil all these two hours very softly. then strain it, and keep it in a close vessel close stop ped, when it is cold, then boil again all the aforesaid ingredients in seven quarts of water four hours, with a soft fire close covered, then strain it and keep it as the other by it self, and take of the first a good draught one hour before you rise in the morning, and a draught at the beginning of dinner, and another at supper, and going to bed, and at all other times, drink of the latter when you list, and eat no meat but dry roasted Mutton, Capon, Rabbet, without Salt, and not basted, but to your breakfast, a poache Egg, no bread, but Bisket, or dryed cruft, and at night Raisins of the Sun, and Bisket bread, drink no other drink but this.

A Plaister to heal any Sore.

Take of Sage, Hearb-grace, of each like quantity, Ribwort, Plan-

tain

tain and Daſie roots, more than half ſo much of each of them, with Wax, freſh Greaſe, and Roſin, make it a Salve, if the fleſh grow proud, then put alwayes upon the Plaiſter, before you lay it to the ſore, burnt Allum, and it will correct the fleſh.

To cauſe a woman to have her ſickneſs.

Take Egrimony, Motherwort, Avens and Parſly, ſhred them ſmall with oatmeal, make Pottage of them with Pork, let her eat the Pottage, but not the Pork.

For the Stone.

Take the green weed of the Sea, which is brought with Oiſters, waſh it, and dry it to powder, drink it with Malmſey faſting.

To kill worms.

Take Alce ſuccatrina two ounces, let it ſtand in a quart of Malmſey eight hours, drink it morning and evening.

For

For a hot Rheum in the Head.

Take Rose-water, Vinegar and Sallade oil, mix them well together, and lay it to the head warm.

For a Lask.

Take the nether jaw of a Pike, beat it to powder, and drink it.

For an Itch or any scurf of the Body.

Take Elecampane roots or leaves, stamp them, and fry them with fresh Grease, strain it into a dish, and annoint the Patient.

For one that is bruised with a fall.

Take Horse-dung, and Sheeps suet, boil them together, and apply it to the same place, being laid upon a cloath.

For the Emeroides.

Take Hops and Vinegar, fry them together, and put it into a little bag, and lay it as hot as it may be endured, to the Fundament, & vers bags one after another, and let one continue at it.

For

For one that is burned with Gunpowder or otherwise

Take one handful of Groundsel, twelve heads of Housleek, one pint of Goose dung, as much Chicken dung, of the newest hay may be gotten, stamp the Hearbs as small as you can, then put the dung into a morter, temper them together with a pottle of Bores grease, labour them together half an hour, and strain it through a Canvas bag with a clean stick into a Earthen pan, and use it when need requireth, it will last two year.

To heal a prick with a Nail or Thorn.

Take two handfuls of Celendine, as much Orpen, cut it small and boil it with oil olive and unwrought Wax, then strain it and use it.

To stop the bleeding of a cut or wound.

Take Hop, stamp it, and put it into the wound, if Hop will not do

do it, then put to it Vinegar with the Hop.

For a Scald.

Take the leaves of ground Ivie, three handfuls, Houseleek one handful; wash them, and stamp them in a stone Morter very small, and as you stamp them, put in a pint of cream by little and little then strain it, and put it in a pot with a feather, take off this, and annoint the scalded place, and then wet a linnen cloath in the same ointment, and lay it on the place, and over that rowl other clothes.

An Ointment for a Tetter.

Take *Salarmoniack* one ounce, beat it into fine powder, then mix it with Sope, and fresh grease, of each two ounces make an ointment and annoint the place.

For the singing in the head.

Take one Onion cut out the core, and fill that place with the powder of Cummin, and the juice of Rue, set on the top again, and roast the Onion

Onion in embers, then put away the outside, and put it in a cloth, wring out the juice, take black wool & dip it in, put this into thine ear where the singing is, and if it be on both sides, then serve one after another.

A Drink for one that is weak, and mildoubting a Consumption.

Take three handfuls of *Rosemary*, bruise it a little, and close it in paste, bake it in an Oven until it be well dryed, then ruin the paste, and take forth the *Rosemary* infuse it in two quarts of claret wine, with two ounces of good Triacle one ounce of Nutmegs, of Cinnamon and Ginger, of each half an ounce bruised, let them stand infused two nights and one day, then distill it in a Limbeck, drink hereof one spoonful or two next your heart.

A Drink for the Plague.

Take red Sage, Herb-grace, Elder leaves, red Rose leaves, of each one handful, stamp them and strain

strain them with a quart of White-Wine, and then put to it *Aqua vitæ*, and Ginger, drink hereof every morning one spoonful, nine mornings together & it will preserve you.

For a bruise or stitch.

Take the kernels of Walnuts and small Nuts, Figs, Rue, of each one handful, white Salt the quantity of one Walnut, one race of Ginger, one spoonful of Honey, beat them all together very fine, and eat of it three or four times every day, make a plaister of it, and lay it to the place grieved.

A drink for one that hath a Rupture.

Take Comfrey one good handful, wild Dasie roots as much, and the like of knotted grass, stamp all these together, and strain it with Malmsey, and give it to the Patient to drink morning and evening nine dayes, blood warm; if it be a man that hath been long to be must lye nine dayes upon his back, and stir as little as he can. If he be a

child

child, he must be kept so much ly-
ing as you may for nine dayes,
you think the drink too strong
the child, give it him but five daye
in Ma'msey, and the rest in stal
Ale; have care that the party have
good Truss, and keep him trussed
one whole year at the least.

A Plaister for a Rupture.

Take the juyce of Comfrey wild
Daisie roots, and knotted grass, of
each a like quantity, fresh butter and
unwrought Wax, of each a like
quantity, clarifie them severally, then
take of the roots of Comfrey, dryed,
and make powder of it, take the pow-
der of Annise-seed, and Cummin
seed, but twice as much Cummin
seed, as Annise-seed, boil these pow-
ders in the Butter and unwrought
Wax on a soft fire a good while, then
put in your juyce, let it boil a warm
or two, so take it from the fire stir it
altogether till it be cold, take hereof
and spread it, and lay it to his Cods
as hot as he can suffer it, and use this

till

will he be whole: this plaister is most excellent for a Child that is burst about the Navel.

Gratiosa Cura.

A Water for a Cleer a sore.

Take Honysuckles the knot-nipt heads, flowers of Celendine, flowers of red Sage, of each three spoonfuls, Five-finger, Comfery such as is to knit bones, Daisies with the roots thereon Ladder of Heaven, blossomes of Rosemary, Sewel, Herbgrace: Smallage, red Roses with the knots on, or else red Rose cakes, Adders-tongue of each of these one handful, seeth altogether in six gallons of water that runneth towards the East, until two gallons be sod in, then strain them, and put to the water three quarts of *English* Honey, one pound of Roach Alum, one penniworth of Madder, one penniworth of long Pepper, seeth all together until one gallon be consumed, then cleanse the water.

For

For the Wind-Cholick.

Take the flowers of Walnuts, and dry them to powder, & take of them in your ale or beer, or in your broth as you like best, and it will help you.

To make a soveraign Oyle of a Fox for the nummed Palsie.

Take a Fox new killed, cased and bowelled, then put into the body, of Dill, Mugwort, Cammomil, Campites, Southernwood, red Sage, Origanum, Hop, Sræcad, Rosemary, Costmary, Cowslip flowers, Balm, Bettony, sweet Majoram, of each a good handful, chop them small, and put thereto of the best oil of Castor, Dill and Cammomil, of each four ounces, mix the herbs and oils together, and strow over them *Aphronium* a good handful, put them all into the Fox, and sew up his belly close, and with a quick fire rost him, and the Oil that dropperth out, is a most singular Oil for all sizes or numness, Approved.

To comfort the brain, and procure sleep.

Take brown bread crumbs the quantity of one Walnut; one Nutmeg beaten to powder, one drachm of Cinnamon, put these into a Napkin with two spoonfuls of Vinegar, four spoonfuls of Rose-water, and one of womans Milk.

For the weakness in the back.

Take the pith of an Oxe back, put it into a pottle of water, then seeth it to a quart, then take a handful of Comtrey, one handful of knotted grass, one handful of Shepherds purse, put these into a quart of water, boil them unto a pint, with six Dates boiled therein.

For a Canker in any part of the body.

Take Filbird Nut leaves, Lavender cotten, Southerwood, Wormwood, Sage, Woodbine leaves, sweet Bryar leaves, of each a like quantity

of Allum, and Honey a good quan-
tity [illegible] seeth [illegible] these till they be ha[illegible]
[illegible]en, wash the sore with it.

For an old bruise.

Take one spoonful of the juic[illegible]
of Tansie, and as much Nip, tw[illegible]
penniworth of *Sperma Ceti*, put [illegible]
into a little Ale, and drink it.

*Oyl of Foxes, or Badgers for A[illegible]
in the joynts, the Sciatica [illegible]
cases of the Sinews, and pai[illegible]
of the Reins and Back.*

Take a live Fox or Badger, of [illegible]
middle age, of a full body, well fe[illegible]
and fat, kill him, bowel and skin hi[illegible]
some [illegible] his bowels, [illegible]
only his excrements in his gu[illegible]
because his guts have much gre[illegible]
about them, break his bo[illegible] sm[illegible]
that you may have all the marro[illegible]
this done, set him a boiling in [illegible]
Brine, and sea water, and fat wa[illegible]
of each [illegible] a half, of [illegible]
pints, of salt three ounces, in [illegible]
end of the decoction put the

the leaves of Sage, Rosemary, Dill, Organy, *Majoram*, and Juniper Berries, and when he is so sodden that his bones and flesh do depart in sunder, strain all through a strainer, and keep it in a vessel to make Linaments for the ach in the joynts, the Sciatica, diseases of the Sinews, and pains of the reins and back.

To make the Leaden Plaister.

Take two pound and four ounces of oyl Olive of the best, of good red Lead one pound, white lead one pound well beaten to dust, twelve ounces of Spanish Sope, and incorporate all these well together in an earthen pot, well glazed before you put them to boil, and when they are well incorporated, that the Sope cometh upward, put it upon a small fire of coals, continuing the fire upon the space of an hour and a half, still stirring it with an Iron Ball upon the end of a stick, then make the fire somewhat bigger, un-

till the redneſs be turned into gra
colour, but you muſt not leave ſtir
ring till the matter be turned into
the colour of oil, or ſomewhat dar
ker: then drop of it upon a wooden
trencher, and if it cleave not to the
finger, it is enough: then make it up
into rowls, it will keep twenty years
the older the better.

The virtue of the Plaiſter.

The ſame being laid upon the
ſtomack, provoketh appetite, it tak
keth away any grief in the ſtomach
being laid on the belly, is a preſent
remedy for the Chollick, and laid
unto the reins of the back, it is good
for the bloody Flux, running of the
Reins, the heat of the Kidneys and
weakneſs of the back: the ſame
healeth all ſwellings, bruiſes, and
taketh away ach, it breaks Felons,
puſhes, and other Impoſthumes
and healeth them; the ſame draweth
out any running humours, with
breaking the skin, and being applied
to the fundament, it healeth and
ſo

disease there growing, being laid on the head, is good for the Uvula, it helpeth the head-ach, and is good for the eyes.

For a pricking of a Thorn.

Take fine Wheat-flower, boulted, temper it with Wine, and seeth it thick, lay it hot to the sore.

A Medicine for the Plague.

Take a pint of Vinegar, and burn it well; then take about six spoonfuls thereof and put to the quantity of a Nutmeg of good Triacle, and so much spice grains beaten, as you can take up with the tops of your two fingers, mix it together, and let the party sick drink it blood-warm, if he be infected it will procure him to cast, which if he do, give him as much more, and so still again and again, observing still some quantity till the party leave casting, and so after he will be well, if he cast not at all, once taking it is enough, and probably it is not the sickness: after the party hath left

caking, it is good to take a competent draught of burnt Malmsie alone with Triacle and Grains, it will comfort much.

Another Medicine for the Plague.

Take of Sewel grated one roo, of Jane Triacle two spoonfuls, of Wine Vinegar three spoonfuls, of fair water three spoonfuls, make all these more then Luke warm, and drink them off at once well stirred together, sweat after this six or seven hours, and it will bring forth the Plague sore.

To break the Plague Sore.

Lay a roasted Onion, also seeth a white Lilly root in milk, till it be as thick as a Poultess and lay it to the same, if these fail, launce the sore, and so draw it and heal it with salves for boches or Biles.

To make a Salve to dress any Wound.

Take Rosin and Wax of each half a pound, of Deer Suet, and Frankincense of each one quarter

o

of a pound of Mastick in powder one ounce, boil all these in a pint of white Vine half an hour with soft fire, and stir it in the boiling that it run not over, then take it from the fire, and put thereto half an ounce of Camphire in powder, when it is almost cold, put thereto one quarter of a pound of Turpentine, after all these be mingled together, then put it into white Wine, and wash it as you wash Butter, and then as it cools, make it up in rowls.

A most excellent water for sore Eyes.

Take a quart of Spring water, set it upon the fire in an earthen Pipkin, then put into it three spoonfuls of white Salt, and one spoonful of white Coperas, then boil them a quarter of an hour, scum it as it doth boil, then strain it through a fine linnen cloath, and keep it for your use.

When you take it you must lie

down upon the bed, and drop two drops of it into your eye, so rest one quarter of an hour, not wiping your eyes, and use it as often as need shall require.

If the eye have any Pearl or Film growing upon it, then take a handful of red double Dasie leaves, and stamp them, and strain them through a linnen cloath, and drop thereof one drop into your eye, using it three times.

A Plaister for one that is bruised.

Take half a pint of Sallade Oil or Neats-foot Oil, half a pint of English Honey, two or three penniworth of Turpentine, a good quantity of Hogs grese, two or three penniworth of *Bole Armoniack*, half a pint of strong Wine-vinegar, half a dozen of Egg shells, and all beaten very small, one handful of white Salt, put all these together into an earthen pot, and stir and mingle them together exceeding well, then as much Bean-flower, or

Wheat

Wheat flower as will thicken it plaiſterwiſe, then with your hand ſtrike it on the grieved place once a day, and by Gods help it will eaſe any ſore that cometh by means of ſtriking, wrinching, bruiſing, or other kind of Swelling that proceedeth of evil humors.

Balm water for a Surfeit.

Take two gallons of ſtrong Ale, and one quart of *Sack*, take four pound of young Balm leaves, and ſhred them, then take one pound of Anniſe-ſeeds, and as much Liquorice beaten to powder, put them all into the Ale and *Sack* to ſteep twelve hours, put it into a Limbeck and ſo ſtill it, it is good for a Surfeit of choler, for to comfort the heart, and for an Ague.

A Reſtorative Water in ſickneſs, the Patient being weak.

Take three pints of very good new milk, and put thereto one pint of very good red Wine, the yolks of ſix Eggs, and beat them together, that

done, put in as much fine Manchet as shall suck up the *Milk* and Wine, then put the same into a fair Stillatory, and still it with a soaking fire, and take a spoonfull of this water in your Pottage or drink, and this in one or two months will prevent the Consumption.

To make a Caudle to prevent the Lask.

Take half a pound of unb'anched Almonds, stamp them, and strain it in a quart of Ale, and set it on the fire, then take the yolks of four Eggs, and make it for a Caudle, and so season it with a good quantity of Cinnamon and Sugar, and eat it every morning at breakfast.

For one that cannot make water and to break the Stone.

Pare a Reddish root, and slice it thin, and put it into a pint of white Wine, and let it infuse six or seven hours, then strain it, and set it on the fire; and put thereto one ith fly root, and one spoonfull of Parsley,

Parsley seed, and half a handful of Pellitory of the wall, and seeth it until half be wasted, and give it luke warm to drink.

A Diet against Melancholly.

Take Sene eight ounces, Rubarb six drachms, Polipody of the Oak, *Sarsaparilla*, and Madder roots, of each four ounces, Annise-seeds, Fennel seeds, *Epithymum*, of each one ounce. Mace, Cloves, and Nutmeg, of each two ounces, Egrimony, Scabios, and red Dock roots of each one handful, make them all small, and put it into a long narrow bag or boulter, hang it in a vessel of Ale that contains six gallons, when it is a week old, drink it morning and evening for the space of one fortnight, keep you all that time warm, and a good diet.

A Sirrup to open the Liver.

Take Lungwort, Maidenhair, Egrimony, Scabios, of each one handful, Chicory, [illegible] of each

each a dozen Crops, Endive and Succory, of each three or four leaves of young Fennel and Parsly, of each one root, one stick of Liquorice, one spoonful of Barberries clean washed, one spoonful of Annise-seeds, twenty Raisins of the Sun, stoned: boil all these in a pottle of Water to a quart, then strain it, and put thereto of the best Sugar one quarter of a pound, Conserve of violets one ounce; and so boil it as long as any scum ariseth, then strain it again, and use this very warm.

For one that cannot make water.

Take the seeds of Parsly, of red Fennel, of Saxifrage, of Carrawaies, of the kernel of Hip berries, of each a like quantity, put in some powder of Jet, mingle these, being beaten to powder well together, and [illegible] in state Ale [illegible] warm.

To make [illegible]

Take of A[illegible]

pound, Thyme and Fennel, of each half a handful, Calamint two handfuls, Coriander and Carraway seeds bruised, of each two ounces, ℞ Semary and Sage, of each half a handful, infuse these a whole night in three gallons of red Wine or strong Ale, then still it in a Limbeck with a soft fire.

An Ointment for a Swelling.

Take of Marsh-Mallows, of Wormwood, of Smallage, of each one handful, boil it with one pound of the grease of a barrow Hog until it be very green, then strain it and keep it very close. *Lady Pawlet.*

A Plaister for the Back.

Take half a pint of Cyl of Roses, four ounces of white Lead ground into fine powder, put your [illegible] into a clean Posnet, and set it [illegible] fire, and when it is warm, [illegible] your white Lead, ever stirring it, then put into it of your [illegible] or a quarter, stir it until it

be

be black, then take it from the fire, and in the cooling put thereto two penniworth of Camphire, of white Sanders, and yellow Sanders, of each the weight of four pence, fine *Bole* and *Terra sigillata*, of each two penny weight, in fine powder all, still stirring it till it be almost cold, and so make it up in rowls: use it as need requires, for all weakness, wasting, or heat in the Kidneyes. *Cranish.*

To make Oil of Swallowes.

Take one handful of Mother-Thyme, of Lavender-cotten, and Strawberry leaves, of each alike, four Swallowes, feathers and all together well bruised, three ounces of Sallade oil, beat the Herbs, and the Swallowes, feathers and altogether, until they be so small that you can see no feathers, then put in the oyle, and stir them well together, and seeth them in a posnet, and strain them through a canvis cloth, and so keep it for your use.

For

For a Thorn, Fellon or Prick.

Take the juice of Fetherfew, of Smallage, of each one saucer full, put to it as much of Wheat flower, as will make it somewhat thick, and put to it of good black Sope the quantity of a Walnut, mingle them together, and lay them to the sore.

A drink for one that hath a Rupture.

Take the Comfrie, otherwise called Bonesel, a pretty handful, of Woolbitten as much, Bread, Plantain, and leaves of Cammock, somewhat more then a handfull, of Vervain, as much as of the Cammock, of Daisie roots a small quantity, of elder tops, or young buds, the least quantity, stamp all these together and put unto them, being stamped one pint of pure white Wine, then strain it, and drink of it morning and evening, one hour or more before breakfast or Supper, a good draught blood-warm.

If

If it be a sucking Child, let the Nurse drink posset Ale of the aforesaid drink, and let the Child suck immediately, if he be an old body let him take it lying in his bed nine dayes, if it may be conveniently, or otherwise to use no straining.

For a Lask or Flux

Take one quart of red VVine, as much running water, one ounce of Cinnamon, seeth these half away, and give the Patient six spoonfuls to drink morning and evening, if you think it be too harsh put in a piece of *Sugar*.

A Lotion Water for the Cancer.

Take one gallon of pure Water, four handfuls of Woodbine, of *Marigolds*, and Tetsul, of each two handfuls, of Celendine, *Rue*, *Sage* and Egrimony, of each one handful, boil all these to a quart, then strain it, and put thereto two great spoonfuls of the best English Honey, and one ounce of Roach

Allum

Allum, boil them all again as long as any scum ariseth, then take it off and put it in a close bottle, and use it blood-warm when need requireth.

For the Mother.

Take three or four handfuls of Fern that groweth upon a house, seeth it in Renish Wine till it be well sodden, then put it in a linnen cloth, and lay it to her Navel as hot as she may suffer it, four or five times.

A Water for all old Sores.

Take Honeysuckles, Water-Betony, Rosemary, Sage, Violet leaves, Elder leaves, cut them all small together, and seeth them in a quart of running water, put thereto two spoonfuls of Honey, and a little Allum.

For one that hath a great heat in his Temples, or that cannot sleep.

Take the juice of Housleek, and of Lettice, of each one spoonful, of womans

womans Milk six spoonfuls, put them together, and set them upon a Chafing-dish of coals, and put thereto a piece of Rose-cake, and lay it to your Temples.

To quench or slack your thirst.

Take one quart of running water out of the brook, seeth it, and scum it, put thereto five or six spoonfuls of Vinegar, a good quantity of Sugar and Cinnamon, three or four Cloves brulled, drink it luke-warm.

For one that hath a great heat in his hands and stomack.

Take four Eggs, roast them hard, peel them, lay them in Vinegar three or four hours, then let the sick man, hold on either hand one of them, and after some space change them and take the other, and it will allay the heat.

Again all aches especially of a Womans breast.

Take Milk and Rose leaves, and set them on the fire, and put thereto

Oat-

Oatmeal, and Oyl of Roses, boil them till they be thick, and lay it hot under the sore, and renew it so that it be alwayes hot.

For the Ptisick and dry Cough.

Take the Lungs of a Fox, beat them to powder, take of Liquorice and Sugar-candy a good quantity, a small quantity of Cummin, mix these all well together, and put them in a bladder, and eate of it as often as you think good in a day.

To take away Warts.

Take Snails that have shels, prick them, and with the juyce that cometh from them, rub the Wart every day for the space of seven or eight dayes and it will destroy them.

A perfect water for the sight.

Take Sage, Fennel, Vervain, Bettony, Eyebright, Pimpernel, Cinquefoil, and Hearbgrace, lay all these in white Wine one night, still it in a stillatory of glass, this Water did restore the sight of one that was blind three years before.

To

To restore the hearing.

Take Rue, Rosemary, Sage, Vervain, Majoram, of each one handful, of Camomil two handfuls, stamp them, and moule them in Rye dough, make thereof one loaf, bake it as other bread, and when it is baked, break it in the midst, and as hot as may be suffered, bind it to your ears, and keep them warm and close one day or more, after it be taken away, forbear ye to take cold.

For a Fellon in the Joynts.

Take Rue, Featherfew, Bores grease, Leaven, Salt, Honey, six leaves of Sage, shred them altogether small, then beat them together, and lay it to the sore place.

To comfort the Brains, and to procure sleep.

Take a red-Rose-cake, three spoonfuls of white-Wine Vinegar, the white of one Egg, three spoonfuls

fuls of Womans Milk, ſet all theſe on a Chafing-diſh of Coals, heat them, and lay the Roſe cake upon the diſh, and let them heat together, then take one Nutmeg, and ſtrew it on the Cake, then put it betwixt two clothes, and lay it to your fore-head as warm as you may ſuffer it.

A Medicine for a forehead with a Scald.

Take one pack of Shoo makers ſhreds, ſet them over the fire in a Braſs pan, put water to them and ſeeth them ſo long as any Oil will ariſe, and evermore be ſcumming off the Oyle, then take Plantain, Ribwort, Houſleek leaves, ground Ivy knotted graſs, wild Borrage, Turſan, Herb Benner, Smallage, Setwel leaves, of every one a like quantity, and beat them in a Morter and ſtrain them, then take half a penniworth of Roſin, half a penniworth of Allum, a little Virgins Wax, beat them, and put them in

to

to a pan, and set it over the fire, put thereto the Hearbs and the Oyle, let them seeth till all be melted, then strain them into a pan, and stirre them till they be cold; and put it into a box for your use, when you dresse your head, heat a little in a saucer, annoint it every day twice, pull out the hairs that stand upright, and with a linnen cloath wipe away the corruption.

A Salve for a green Wound, or old Sore.

Take the leaves of green Tobacco two pounds, of Valerian two pound, beat them very small, then strain them, and take the juyce thereof, put one pound of yellow Wax, one pound of Rosin, one pound of Deer suet, boil them together till they be very green, and when it is cold, put to it a quarter of a pound of Turpentine, and keep it for your use.

For the running of the Reins.
Approved.

Take the Roes of red Herrings, dry them upon the coals till they will beat to powder, then give it to the patient to drink in the morning fasting, as much as will lye upon a shilling in five spoonfuls of Ale or Wine, be he never so weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrows grease, two handfuls of Mugwort chopped very small, boil it with the Barrows grease upon a soft fire by the space of four hours, then strain it from the Mugwort, and put it up in an earthen thing for your use, and anoint your feet as you go to bed.

A Medicine for any heat, burning, or Scaling. Approved.

Take half a pint of the best Cream you can get, and set it in a fair Pewter, upon the fire, then take two great handfuls of Dasie roots, leaves

leaves and all, clean washed, and very finely shred, put them into the same posnet, and boil it upon the fire until it be a clear ointment, then strain it through a cloath, and keep it for your use.

To make Aqua Composita *to drink for a Surfeit, or a cold stomack, and to avoid Flegm and glut from stomack.*

Take one handful of Rosemary, one good root of Elecampane, one handful of Hop, half a handful of Thyme, half a handful of Sage, six good crops of red Mints, and as much of Penniroyal, half a handful of Harehound, six crops of Majoram, two ounces of Liquorice well bruised, and so much of Arnise-seeds, then take three gallons of strong Ale, and put all the aforesaid things, Ale and Herbs, into a brass pot, then set them upon the fire, and set your Limbeck upon it, and stop it close with paste, that there come no air out, and so keep it with a

soft fire, as other *Aqua vitæ*.

For an Ach in the Joynts.

Take clarified Butter a quarter of a pound, of Cummin one pound, black Sope a quarter of a pound, one handful of Rue, sheep-suet two ounces, Bay salt one spoonful, bray these together, then fry them with the gall of an Ox, spread it on a plaister, and lay it on as hot as you can, and let it lye seven dayes.

A Plaister to lay to the Head for a Rheum which runneth at the eyes.

Take the powder of Rose-leaves, Rose-water, and Bettony water, of each a like quantity, and a little Vinegar, put your powders into the Water and Vinegar, still them and temper them, and make them in a Plaister, and put to it a little powder of *Terra sigillata*.

A Water to be used with the Plaister above-said for the same purpose.

Take one quart of new Milk,

two pound of green Fennel, a quarter of a pound of Eye-bright, put the herbs and milk into a Stillatory, cast hair an ounce of Camphire thereon, and with this water wash your eyes and temples.

For the Emeroids, approved.

Take a piece of twenty cloath, burn it in a Frying pan to powder, then beat it in a Mortar as fine as may be, searce it, then lay it on a brown paper and with spittle make it plaister wise, and lay it to the place, and truss it up with cloathes.

To break any sore.

Take hot bread to the quantity of a farthing loaf, grate it, put thereto Sallade oyl three or four spoonfuls and a pint of Milk, and seeth them together to a good thickness, spread it on a cloath, and lay it to the sore instead of Sallade Oyl you may use Deer suet.

A Bath for an Ach in the Back and Limbs.

Take Mugwort, Vervain, Feverfew, Dill, Rosemary, Burnet, Tunhoof, Horehound, and white Mints, Senkel, and Sage of each one handfull, seeth all these in four gallons of running water, and let it seeth till one gallon be wasted, then bath your legs with it five nights together.

A Medicine for any Joynt that is numb with any Ach, approved.

Take Virgin wax one ounce, Verdigriece half a quarter of an ounce, Brimstone, Sope, oyl of Eggs of Allum, of Honey, of each alike quantity, temper them altogether, and lay it upon the place grieved somewhat warm.

A Medicine for a Felon of any Finger.

Take as much Bay-salt as an Egg, wind it in gray paper, lay it in the embers a quarter of an hour, then

beat it in a morter very fine, then take the yolk of a new laid Egg, beat it with this powder until it be very stiff, spread it upon a cloath, lay it upon the joynt griev'd twenty four hours, and so dress it three times.

For a Boil or Push.

Take the yolk of a new laid Egg, a little English Honey, put it into the shell to the yolk, put in as much Wheat meal as will make it to spread, then take one branch of Rue, and one of Featherfew, shred them very fine, and put it to the same medicine, stir them very wel together, spread it upon a piece of leather, and lay it to the place grieved.

An Electuary to cause good digestion, and to comfort the stomack.

Take Setwell and Gallingal, of each three slices, Nutmegs, Ginger, and Cinnamon, of each two slices, three Bay-berries sliced fine

and

and husked, three slices of Liquorice, half a spoonful of Annise seeds clean dusted, one long Pepper cut small, white Pepper six grains, as much black pepper, beat them all into a grosse powder, then put thereto two grains of musk, one grain of Ambergriece, then take *Mint*-water and *Sugar*, boil them together, and when they are come to the right perfection of thickness, put in those powders above-mentioned in the cooling with a little Conserve of Rose-mary flowers; of this take the quantity of a Nutmeg, half an hour before you eat or drink at meals.

A Powder for the Rheum, or sore eyes.

Boil one pint of Hop-water, made when the *Hop* is in the flour, till it be scalding hot, then put into it half a pound of Liquorice in very fine powder, the water being taken from the fire, for the *Liquorice* must not boil in the Water, stir them toge-

ther till the water be clean consumed, then add to them of Annise-seeds, and Fennel-seeds, of each half a pound made into very fine powder through a Searce, Angelica roots, Elicampane roots, and leaves, add flowers of Eybright made into very fine powder, of each one ounce and a half, mingle these together, and so keep it close, and when you eat of this powder, weigh out of the whole quantity two ounces, whereunto add as much good *Aquavitæ* as will moisten it, or Angelica water, or *Rosa solis*, to keep it from being musty, set it near the fire, eat of these powder at any time as much as you may take up with a groat, and it is specialll good for the Rheum, for cold or for sore eyes. Mr, *Bendlow*.

A Salve for any wound.

Tak Rosin, Persin, Wax, of each eight ounces, of sheeps Suet, and Frankincense, of each four ounces.

ounces, one ounce of Mastick made in powder, boil all these in a pint of white Wine half an hour, take it from the fire, and put half an ounce of Campane der, when it is almost cold put to four ounces of Turpentine make it up in rowls, but before you be rowled you must wash it up running water. A. T.

How to deliver a Child in danger.

Take a Date stone, beat it into powder, let the woman drink it with wine, then take Polipody and emplaister it to her feet, and the Child will come whether it be quick or dead, then take Centory, green or dry; give it the Woman to drink in wine, give also the Milk of another Woman.

A most singular Sirrup for the Lungs, and to prevent a Consumption.

Take Agrimony, Scabios, Borrage, Bugloss, of each twenty leaves, Fole-foot, Lungwort,

Maiden-hair, of each half a handful, Succory and Endive, of each six leaves, of *Carduus benedictus*, Horehound, Nip, of each four tops, unset Hop, half a handful, Fennel-roots, Parsly-roots, & mallage roots, of each three roots sliced, and the pithe taken out, Elecampane four roots sliced, Iris roots half an ounce sliced, Quince-seeds one ounce, Liquorice three good sticks scraped, and sliced small, twenty Figs sliced, Raisins of the Sun one good handful sliced, and the stones taken out; boil all these in a gallon of running water till half be consumed, then take it from the fire, and let it settle, then strain it, and boil it again with as much white sugar as will make it thick as sirrup, that it may keep all the year.

A Powder for the Stone.

Take Haws and Hips, of each a good handful, Ashen keys half a handful, three or four Acorns, the

the shels of three new laid Eggs, Grun well seeds, parsley seeds, of each half an ounce, Perfect one a good handful, Camock roo s half a handfull, make all these in fine powder, then put thereto two ounces of Sugar-candy beaten something small, take a sixpenny weight of this powder at a time in the morning fasting, and drink not after it one hour,

For the Chelick and Stone.

Take one handful of *Phili pendula*, of Rosemary, of Saxifrage, of Ivy growing on the wall, of Harts-tongue of Thyme, of Parsly, of Scabio, of each four handfuls, of *Marigolds* one handfull, of Majoram three handfuls, of brown Fennel, of Londebeefe, of Sperrits, of Borrage, of each two handfuls, of *Maiden-hair* three handfuls, fill all these in *May*, keep it in a Glass till you have need of it, then take of it five spoonfuls, and three of white Wine and of clean

der of Ginger half a spoonful, put these together, and warm it lukewarm, and let the Patient drink it in the morning two hours before he rise out of his bed, let him lay more cloathes upon him, for it will provoke him to sweat, after the sweat is done, let him rise and walk whither he will.

A good water to drink with wine, or without to cool Choler.

Take Borrage roots, and Succory roots of each two, wash and scrape them fair and clean, and take out their cores then take an ear hen pot of two gallons, fill it with fair spring water, set it on a fire of Charcoal, put the roots in it, and eight pennyworth of Cinnamon; when it beginneth to seeth, put into it four ounces of fine Sugar, and let it seeth half an hour, then take it off, let it cool, and drink thereof at your pleasure.

How

How to make Aqua Composita *for the Cholick and Stone.*

Take strong Ale one month old, as many gallons as your pot will hold, and for every gallon take two ounces of Liquorices, and as much Annise-seeds, and of these Herbs following two handfuls of each to every gallon, of Birch leaves, Burnet, Pasphire Pellitory of the wall, Watercresses, Saxafrage, Grumwell *Philipendula*, penny-royall, Fennel, half a root of Elecampain, of Hawes of Hips, of Berries of Brambles, and Barberries of each half a pint, still them as you do other *Aqua-vitæ*.

A Medicine for the Cholick passion.

Take the smooth leaves of Holly dry them, and make them into powder, of Grumwell seed and Box-seed of each a little quantity, let the Patient drink thereof.

How to take away the fervent shaking and burning of an Ague.

Take of the rind of the Willow-tree

tree, with the leaves in Summer, of each half a handful, as much Bettony, three crops of Rosemary, seeth them in a quart of posset-Ale to a pint, and let the sick drink of this as hot as he can, and so within three times it will ease him.

For the hardness and stiffness of Sinews.

Take twelve fledg'd Swallows out of the nest, kill them, beat them feathers and all in a Mortar, with Thyme, Rosemary and Hop, then seeth them with Mayburter a good while, then strain them through a strainer, as hard as you can, and it will be an Ointment, take the strings that grow out of the Strawberries, and beat them amongst the rest.

How to stay the Flux.

Take white Starch made of wheat two or three spoonfuls, and take also new Milk from the Cow, stir them together, and let them be [illegible] [illegible]

ved in manner of a glister, a present remedy.

An approved medicine for the Plague called the Philosophers Egg, it is a most excellent preservative against all poysons, or dangerous Diseases that draw towards the Heart.

Take a new laid Egg, and break a hole so broad as you may take out the white clean from the yolk, then take one ounce of Saffron and mingle it with the yolk, but be carefull you break not the shell, then cover it with another piece of shell so close as is possible, then take an earthen pot with a close cover, with warm embers, so that he shall be not burned, and as those embers do cool, so put in more hot; and do so for the space of two dayes untill you think it be dry, for proof whereof you shall put in a pen, and if it come out dry it is well, then take the Egg and unpeel very clean, then pare the shell from the Saffron, and let it

before

before the fire, and let it be warm then beat it in a Mortar very fine and put it in by it self, then take as much white Mustard-seed as the Egge and Saffron, and grind is as small as meal, then searce it through a fine Boulter, that you may save the quantity of the Egge so searced, then take a quarter of an ounce of Dittany roots, as much Turmentil, of *Nuces Vomicæ* one drachm, let them be dried by the fire as aforesaid, then stamp these three last severally, very fine in a Morter, then mix them three well together, after that take, as a thing most needfull, the root of Angelica and Pimpernell, of each the weight of sixpence, make them to powder, and mix them with the rest, then compound therewith five or six scruples of Unicorns horne, or for want thereof Harts Horne, and take as much weight as all these fine powders come to, of fine Triacle, and stamp it with the powders

in a Morter until it be well mixt and hang to the pestle and then it is perfectly made, then put the Electuary in a stone pot, well sealed, and so it will continue twenty or thirty years, and the longer the better.

How to use this Electuary.

First when one is infected with the pestilence, let him take so soon as he can, or ever the disease infect the heart, one crown weight in gold of this Electuary and so much of fine Treacle, if it be for a man, but if it shall be for a woman or child take less, and let them be well mixed together, and if the disease come with cold, give him the Electuary with half a pint of white Wine warme, and well mixed together, but if it come with heat, then give it him with Plantain Water, or Well water, and Vinegar mixt together, and when he hath drunk the same, let him go to his naked bed, and put on his shirt, and cover him

before the fire, and let it be warm then beat it in a Mortar very fine and put it in by itself, then take as much white Mustard seed as the Egge and Saffron, and grind is as small as meal, then searce it through a fine Boulter, that you may save the quantity of the Egge so searced, then take a [illegible] of Dragony [illegible] Fermentum [illegible] Venice [illegible] drachm [illegible] fire [illegible] these three last [illegible] a Morter, the mix [illegible] together, after that [illegible] thing most [illegible] the root of Angelica and Pimpernell, to each the weight of six pence, make them to powder, and mix them with the rest, then [illegible] and therewith five or six scrupules of Unicorns horne, or for want thereof Harts Horne, and [illegible] as much [illegible] as these [illegible]

In a Morter until it be well mixt and hang to the pestle and then it is perfectly made, then put the Electuary in a stone pot, well nealed, and so it will continue twenty or thirty years, and the longer the better.

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[illegible]

warm, but let his bed be well warmed first, and a hot double sheet wrapped about him, and so let him swear seven, eight, or ten hours, as he is able to endure, for the more he doth sweat the better, because the disease fadeth away with the sweat; but if he cant or sweat, then heat two or three Bricks or Tiles, and wrap them in moist cloathes wet with water and oil, and lay them by his sides in the bed, and they will cause him to sweat, and as he sweateth, let it be wiped from his body with dry hot cloathes being conveyed into the bed, and his sweat being ended; shift him into a warm bed with a warm shirt, and all fresh new cloathes, using him very warily for taking of cold, and let his clothes that he did sweat in be well aired and washed, for they be infectious; and let the keepers of the sick beware of the breath or air of the party in the time of his sweating, therefore let her mouth be [illegible] with

double

double and cloth, wherein is Worm wood, Rue, he he sew crums of sower bread and Vinegar, and a little Rose water, beat all these together, and [illegible] the [illegible] make new every day while you do keep him, and [illegible] the sick party have of it bound in a cloth to smell on while he is in sweat, then after do it away, and take a new; and because he shall be faint and distempered after his sickness, he shall eat no flesh, nor drink wine the space of nine dayes, but let him use these conservatives for his health, as Conserve of Bugloss, Borrage and red Roses; and especially he shall drink three or four dayes after he hath sweat morning and evening, three ounces of the juyce of [illegible] mixed with an ounce of Conserve of Sorrel and so use to eat and drink whatsoever is comfortable for the heart, also if one take the quantity of a pea of the said Electuary, with some good Wine it shall keep him from the infection,

therefore

therefore when one is sick in the house of the plague, then so soon as you can give all the whole household some of this Receipt to drink, and his keeper also, and it shall preserve them from the infection, yet keep the whole from the sick as much as you can, the vase of the cloathes and bedding the sick, pray and sweat in.

To make Balm water

Take four gallons of strong Ale and stale, half a pound of Liquorice, two pound of Balm, two ounces of Figs, half a pound of Annise-seeds, one ounce of Nutmegs, shred the Balm and Figs very small, and let them stand steeping four & twenty hours and then put it in a still as you use *Aquavitæ*.

To make Doctor Stevens *water*

Take one gallon of good Gascoign Wine, of Ginger, Galingal, Nutmegs, Grains, Annise-seeds, Fennel seeds, Carraway seeds, Sage Mints, red Roses, garden Thyme, Pellitory, Rosemary, wild Thyme, Penny-

Penny-royall, Camomil, Lavender, of each one handfull, bray your Spices [illegible] and chop the hearbs before [illegible] and put them with the [illegible] the Wine, and let it stand twelve hours [illegible] in a Limbeck closed [illegible] the first water by [illegible] long as it will burn.

An Ointment for any strain in the Joynts, or any sore.

Take three pound of fresh Butter unwashed, and let it in an Oven after the bread be drawn out, and let it stand two or three hours, then take the clearest of the butter, and put it into a Posnet, then take the [illegible] Nettles as much as will be moistned with the Butter, and chop them very small, and put them into the Butter, set it on the fire, and boil it for [illegible] or six hours, and when it is boiled put thereto half a pint of pure oil Olive, and then

boil

boil it very little, and take it off, and strain it into an earthen pot, and keep it for your use.

If you think good, instead of Nettles onely you may take these herbs, Cammon-Rosemary, Lavender, Tun-hoof, otherwise Ale-hoof, Five-finger, Vervain and Nettle-tops.

For an Ague

Take the inner bark of a Walnut tree, a good quantity, boil it in Beer until the Beer look black, and then take a good draught, and put it into a pot, then take six spoonfuls of Sallad Oil for an extream Ague, brew it to and fro in two pots, then drink it, and let the party labour at any exercise until he sweat, then let him lye down upon a bed very warm, until he hath done weating, this do three times when the Ague cometh upon him.

A Powder against the wind in the Stomach.

Take Ginger, Cinnamon and

G...

Gallingal, of each two ounces, Annise seeds, Carraway and Fennel-seeds, of each one ounce, long Pepper, Grains, Mace and Nutmegs, of each half an ounce, Sewel half a dracham make all in powder, and put thereto one pound of white Sugar, and use this after your meat, or before at your pleasure; at all times it comforts the stomach marvellously, cause the away wind, and causeth a good digestion.

For a Pin and a Web in the Eye.

Take the white of an Egg, beat it to oyl, put thereto a quarter of a spoonful of English Honey, half a handful of Daisie leaves, and in winter the roots, half a handful of the inner rind of a young Hazle, not above one years growth, beat them together in a Morter, and put thereto one spoonful of womans Milk, and let it stand infused two or three hours, and strain all through a cloath and with a feather drop it in in the eye thrice a day

Fro

For blood shotten and sore Eyes coming of heat.

Take *Tutty* of *Alexandria*, or *Lapis Tutty* one ounce, beat it unto fine powder, and temper it with a quart of white wine, put thereto one ounce of dried Rose leaves, and boil them altogether with a soft fire until one half be consumed, then strain it through a fine linnen cloath and keep it in a Glass and use it evening and morning, and drop into the sore eyes with a feather, or your finger.

If the *Tutty* be prepared it is the better, which thus do use, steep the *Tutty* in Rose-water, and let it lye half an hour, then take it forth, and lay it on a white paper to dry, then take it when it is dry, keep it, and do as again, as before, wice or thrice and then use it as before.

For an Ach in the Bones.

Take Sutherwood, Worm-wood, and Bay leaves, of each one [illegible], one Oxe-gall, one [illegible]

Nerve powder, put all these together and beat them to a fine powder, and keep it for your use.

A Medicine for a Consumption.

Take a good handful of Colts-foot leaves, and as much Liverwort, and boil them in a pint of Ale, and drink it warm.

For Sores that are troublesome to cure.

Take Bole-armoniack, Frankincense, Myrrh, Dragons blood, Sarcocolla, Mastick, Olibanum, Gum Arabick, Gum Tragacanth, Gum Elemi, Gum Dragon, Gum Ammoniack, Bdellium, Camphire, Opium, Storax, Benjamin, Sanguis Draconis, Aloes, Terra Lemnia, Terra Sigillata, Bolus Armenus, Bole Rubrick, Bole Cretick, Bole Ochre, Bole Umbre, Bole Ruddle, Bole Yellow, Bole Green, Bole Blue, Bole Purple, Bole Orange, Bole Black, Bole White, Bole Grey, Bole Brown, Bole Russet, Bole Tawny, Bole Crimson, Bole Scarlet, Bole Carnation, Bole Flesh-colour, Bole Peach-colour, Bole Apricot-colour, Bole Plum-colour, Bole Damson-colour, Bole Cherry-colour, Bole Strawberry-colour, Bole Raspberry-colour, Bole Gooseberry-colour, Bole Currant-colour, Bole Grape-colour, Bole Wine-colour, Bole Claret-colour, Bole Port-colour, Bole Sherry-colour, Bole Canary-colour, Bole Malaga-colour, Bole Madeira-colour, Bole Tenerife-colour, Bole Lisbon-colour, Bole Oporto-colour, Bole Bordeaux-colour, Bole Burgundy-colour, Bole Champagne-colour, Bole Hock-colour, Bole Moselle-colour, Bole Rhenish-colour, Bole Tokay-colour, Bole Frontiniac-colour, Bole Muscadine-colour, Bole Malmsey-colour, Bole Sack-colour, Bole Allegant-colour, Bole Rumney-colour, Bole Brandy-colour, Bole Aqua Vitæ-colour, Bole Spirit of Wine-colour, Bole Spirit of Turpentine-colour, Bole Spirit of Salt-colour, Bole Spirit of Nitre-colour, Bole Spirit of Vitriol-colour, Bole Spirit of Sulphur-colour, Bole Spirit of Urine-colour, Bole Spirit of Hartshorn-colour, Bole Spirit of Sal Ammoniack-colour, Bole Spirit of Sal Volatile-colour, Bole Spirit of Sal Prunella-colour, Bole Spirit of Sal Gemmæ-colour, Bole Spirit of Sal Tartar-colour, Bole Spirit of Sal Polychrest-colour, Bole Spirit of Sal Diuretick-colour, Bole Spirit of Sal Absinthe-colour, Bole Spirit of Sal Wormwood-colour, Bole Spirit of Sal Rosemary-colour, Bole Spirit of Sal Lavender-colour, Bole Spirit of Sal Sage-colour, Bole Spirit of Sal Thyme-colour, Bole Spirit of Sal Marjoram-colour, Bole Spirit of Sal Basil-colour, Bole Spirit of Sal Mint-colour, Bole Spirit of Sal Balm-colour, Bole Spirit of Sal Penny-royal-colour, Bole Spirit of Sal Pennyroyal-colour, Bole Spirit of Sal Hyssop-colour, Bole Spirit of Sal Rue-colour, Bole Spirit of Sal Tansy-colour, Bole Spirit of Sal Camomile-colour, Bole Spirit of Sal Feverfew-colour, Bole Spirit of Sal Southernwood-colour, Bole Spirit of Sal Lad's Love-colour, Bole Spirit of Sal Rosemary-colour, Bole Spirit of Sal Lavender-colour, Bole Spirit of Sal Sage-colour, Bole Spirit of Sal Thyme-colour, Bole Spirit of Sal Marjoram-colour, Bole Spirit of Sal Basil-colour, Bole Spirit of Sal Mint-colour, Bole Spirit of Sal Balm-colour, Bole Spirit of Sal Penny-royal-colour, Bole Spirit of Sal Pennyroyal-colour, Bole Spirit of Sal Hyssop-colour, Bole Spirit of Sal Rue-colour, Bole Spirit of Sal Tansy-colour, Bole Spirit of Sal Camomile-colour, Bole Spirit of Sal Feverfew-colour, Bole Spirit of Sal Southernwood-colour, Bole Spirit of Sal Lad's Love-colour.

strain them, that done, take five spoonfuls of Honey, and white Copperas, the quantity of one Pea, Rose water five spoonfuls, boil all these together in an earthen pot, seiming well, and clarifie it with the white of an Egg this is an excellent Medicine to clear the sight of the eye, if there be any thing in the eye superfluous to hinder the sight; but if there be [illegible] is [illegible] thing so good.

To help one that is [illegible]

Take of Borrage and red Sage, of each a handful, stamp these together, and strain them, and put thereto as much Claret Wine as the juice hereof, [illegible] the party drink it warm, and if it keep within him four and twenty hours after, he will recover, if he be bound in the body, let him take three spoonfuls of Sirrup of Damask Roses and two spoonfuls of Sallade oil, and drink it fasting, and an hour

[illegible]

after let the party take some warm broth.

For the Spleen.

Take of Lavender, Fennel, Parsly, Cammomile, Thyme, Wormwood, Angelica, of each one handful, of Sage, and Rue, one handful, of Annise seeds, and Fenne-seeds, of each one handful, of Cummin seeds, two handfuls, of Cloves four spoonfuls, and of Mace two spoonfuls, gather these hearbs in the heat of the day, and drye them in the Sun two dayes, laying them very thin on a sheet, and bruise the seed grossly, and steep them in as much Sallade-oyl as will cover all these things, and some what more, and let them in the Sun ten dayes, which being done, strain your Oyl from your Hearbs and your spices, and then infuse once again as before with Hearbs and Spices in like manner, and to that Oyl thus infused and strained, and bitter Almonds, and Oyl of Capers half a pint, then [illegible]

3 quarter of a pound of the said oyl, anoint your hands, your hands being warm rub them together, and anoint and rub the patient grieved with both your hands, the one on the right side, the other on the left, from the loyns downwards to the bottom of the belly, drawing your hands as hard as you can, and make them to meet at the bottom of the belly, and continue in continual rubbing about a quarter of an hour.

For Vomiting of Gall.

Take a quantity of flowers of Elder, the white not Harebing, and boyl them in Beer, and let the party drink thereof, warm as much as he can drink, and the party will be eased.

For the Lungs and Liver.

Take pieces of Elder, Hyssop, [illegible]

For the Canker in the mouth or nose.

Take the ashes of green leaves of holly, with half so much of the burnt powder of [illegible] with a quill into the [illegible] and it will help man, child or beast.

A Remedy for the Mother.

When the [illegible] beginne to take them, take the powder of white Amber and burn it in a Chain [illegible] coals, and let them hold their mouths over it, and [illegible] in the mouth, and [illegible] their nostrils with the [illegible] Amber, and if they be [illegible] with child, take two or three [illegible] of the oyl of Amber in white Wine warm or cold, but the oyl of Amber must be taken inward but on [illegible], and outward as often as he [illegible] them.

A Medicine for the Worms.

Take one penniworth of Aloes, with the like quantity of Oxe-gall, and [illegible], mix them together and lay them on the Childs Nave, [illegible] plaister.

A Preservative against the Plague.

Take one dry Walnut, take off the shell and peel, eat it fasting, and with a branch or Rue fried in fine, and a little Wine-Vinegar and Salt put all into a sliced Fig, take it up fasting, and then you may drink a little Wormwood after it, and go where you list.

A Pill for those that are infected

Take of Aloes-Succotrina half an ounce, of Myrrh, and English Saffron, of each a quarter of an ounce, beat them into small powder, with Malmsey, or a little Sack, or Diacordion, make two or three small pils thereof, and take them fasting.

A Poultess to break a Plague Sore

Take a White Lily root, and seeth it in a pint or two of Linseed, and a pretty quantity of Burrows-grease, beat the Linseed very fine, afterwards beat altoge-

ther

ther in a Mortar, make thereof a Plaister.

An Electuary for the Plague.

Take the weight of ten grains of Saffron, two ounces of the kernels of Walnuts, two or three Figs, one drachm of Mithridate, and a few Sage leaves stampt together, with a sufficient quantity of Pimpernel Water, make up all these together in a masse or lump, and keep it in a glasse or pot for your use, take the quantity of twelve grains fasting in the morning, and it will not onely preserve from the pestilence, but expel from those that are infected.

Against a Tertian Ague.

Take Dandilion clean washed, stamp it, and put it in Beer, and let it stand all night in the Beer, in the morning strain it, and put half a spoonful of Triacle into it, make it luke-warm, and let the patient drink of it fasting upon his well day, and walk upon it as long as he

A Preservative against the Plague

Take one dry Walnut, take of the shell and peel, cut it small, and with a branch of Rue shred fine, and a little Wine-Vinegar and Salt put all into a sliced Fig, take it up fasting and then you may drink a little Wormwood after it, and go where you list.

A Pill for those that are infected.

Take of Aloes-Succatrina half an ounce, of *Myrrh*, and English Saffron, of each a quarter of an ounce, beat them into small powder, with *Malmsey*, or a little Sack, or Dioscoridon, make two or three small pills thereof, and take them fasting.

A Poultess to break a Plague Sore.

Take a White Lilly-root, and seeth it in a penniworth of Linseed, and a pretty quantity of Barrows-grease, beat the Linseed first very soft, afterwards beat altogether

ther in a Mortar, make thereof a Plaister.

An Electuary for the Plague.

Take the weight of ten grains of Saffron, two ounces of the kernels of Walnuts, two or three Figs, one drachm of Mithridate, and a few Sage leaves stampt together, with a sufficient quantity of Pimpernel Water, make up all these together in a masse or lump, and keep it in a glasse or pot for your use, take the quantity of twelve grains fasting in the morning, and it will not onely preserve from the pestilence, but expel from those that are infected.

Against a Tertian Ague.

Take Dandillion clean washed, stamp it, and put it in Beer, and let it stand all night in the Beer, in the morning strain it, and put half a spoonful of Triacle into it, make it luke-warm, and let the patient drink of it fasting upon his well day, and walk upon it as long as

he is able, this hath been approved good for an Ague that cometh every second day.

Against the Wind.

Take Cummin-seed, and steep them in Sack four & twenty hours, dry them by the fire, and beat them, then take Fennel-seed, Carraway-seed, and Annise-seed, beat all these together, and take every morning half a spoonful in broth or beer fasting.

Another.

Take Erula Campana, grate it, and drink half a spoonful fasting.

For the sting of an Adder.

Take a head of Garlick, & bruise it with some Rue, and some Honey thereto, and if you will, some Treacle, and apply it to the place.

For the biting of a Dog.

Take Rigwort, chop it, and boil it with unwashe butter to an Oyntment.

A

A Medicine for a woman that hath a dead Child, or for the after-birth after deliverance.

Take Date stones, dry them, and beat them to powder; then take Cummin seed, Grains, and English Saffron, make them in powder, and put them altogether in like quantity, saving less of the Saffron then of the rest, then searce them very finely, and when need is to drink it, take a spoonful at once, with a little Malmsie, and drink it Milk-warm, it is good to bring forth a dead child, or for the after-birth, or if the woman have any rising in her stomach, or flushing in her face during her child-birth, the Date stones with round holes in the side, are the best; if you put a quantity of white Amber beaten amongst the powder, it will be better.

To make the best Paracelsus *Salve.*

Take of Litharge, of Gold and Silver, of each three ounces, and put to it one pound and half of good

Sallade-Oyle, and as much of Linseed-Oyl, put it in a large earthen vessel well leaded, of the fashion of a milk-boul, or a great Bason, set it over a gentle fire, and keep it stirring till it begin to boil, then put to it of red lead, and of *Lapis Calaminaris*, of each half a pound, keep it with continual stirring, and let it boil two hours, or so long till it be something thick, which you may know by dropping a little of it upon a cold board or stone, then take a Skillet, and put into it a pound of yellow Wax, as much black Rosin, half a pound of Gum-Sandrach, of yellow-Amber, Olibanum, Myrrh, of *Aloes Hepatica*, of both the kinds of *Aristolochias* round and long, of every of these in fine powder searced one ounce, of *Mammir* one ounce and a half, of oyl of Bayes, half a pound, of oyl of Juniper six ounces, dissolve all these together in the aforesaid Skillet, and then put them to the former Plaister,

ster, set it over a gentle fire; and keep it with stirring till it boil a little. Then take your five Gums, Popanax, Galbanum, Sapagenum, Ammoniacum, and Bdelium, of each of these three ounces, which must be dissolved in white-Wine-Vinegar, and strained, and the Vinegar exasperated from them before you go about the Plaister, let there be three ounces of each of them when they are thus prepared, then when the Plaister hath gently boyled, about half the bigness of a Nutmeg at a time, continuing that order untill all the Gums be in and dissolved, then set it over the fire again, and let it boil a very little, but before it boil, be sure that the Gums be all dissolved, for else it will run into lumps and knots, after it hath boiled a little take it from the fire again, and continue the stirring of it very carefully, and put it to these things following, being in a reading state

of both the Corals red and white, of Mother of Pearl, of Dragons Blood, of *Terra Lemnia*, of white Vitriol, of each of them one ounce of *Lapis hematitis*, and of the Loadstone, of each of them one ounce and a half, of the flours of Antimony two drachms, of *Crocus Martis* two drachms, of Camphire one ounce, of common Turpen-tine half a pound, mix all these together, but first let those things that are to be pounded, be carefully done, and fully searced, then put them all together among the former things, and again set it over the fire with a moderate heat, and gentle to boil, till it be in the form of a plaister, which you may know by putting it on a cold piece of wood, or stone, or iron, you must also remember to keep it with continual stirring from the beginning to the ending, when you make it up, let your hands, and the place you row it on, be anointed with the oyl of Saint John's wort, and

and of each Worms and Juniper, Cammomile and Roses together, wrap it in Parchment or Leather, and keep it for your use.

Memorandum, That the Camphire be dissolved in the oyl of Juniper, mix them together with the gum Sandrach, and put them in towards the latter end.

An Oyntment for any strain in the Joynts, or for any Sore.

Take three pound of fresh-butter unwashed, and set it into an Oven after the bread be drawn out, and let it stand two or three hours, then take the clearest of the Butter, and put into a Posnet, then take the tops of red Nettles, and chop them very small, and put so many Nettles to the Butter as will be moistned with the Butter, and so set it on the fire, and boil it the space of five or six hours, and when it is boiled, put thereto half a pint of the best oyl of Olive, and then let

it boil a very little, and take it off, and strain it into an earthen pot, and keep it for your use.

Mr. Ashley's *Ointment.*

Take six pound of *May*-Butter unsalted, one quart of Sallade oyle, four pound of Barrows-grease, one pound of the best Rosin, one pound of Turpentine, half a pound of Frankincence: to this rate take these Herbs following, of each a handful, *videlicet*, Smallage, Balm, Lorage, red-Sage, Lavender, Lavender-cotton, hearb grace, Parsley, Comfry called Boneser, Sorrel, Laurel leaves, Beech-leaves, Lungwort, Majoram, Rosemary, Mallows, Cammomile, Saint-*Johns*-wort, Plantain, Allheal, Chickweed, English Tobacco, or else Henbane, Grumsel, Woundwort, Bettony, Egrimony, *Carduus Benedictus*, wild-Wine or white-Wine called Brian, Adders-Tourne, Melliot, pick all these hearbs clean, wash them, strain

them

them clean from the water, all these must be gathered after the Sun rise, then stamp all these Herbs in a stone or wooden Mortar so small as possibly may be, then take your Rosin and beat it to pouder with your Frankincense, and melt them first alone, then put in your Butter, your Hogs-grease and Oyle, and when all is melted, put in your Hearbs, and let them all boil together half a quarter of an hour, then take it from the fire, and leave stiring of it in no wise a quarter of an hour after, and in that time that it is from the fire, put in your Turpentine, and two ounces of Verdigrease very finely beaten to pouder; and when you put in your Turpentine and Verdigrease, stir it well, or else it will run over, and so stir until it leave boiling: Then put it in an earthen pot, stopping the pot very close with a cloth and a board on the top, and set it in a dunghill of horse dung twenty

one

one dayes, then take it up and put it into a kettle, and let it boil a little, taking heed that it boil not over, then strain all through a course cloth into an earthen or Gally Pot, and when all is strained, put to it half a pound of oyl of Spike, and cover the pot close until you use it, and when you use it, make it warm in Winter, and use it cold in Summer.

An approved Medicine for any Ach in the Joynts what soever.

Take half a pound of Rosin, half a pound of Frankincense, Olibanum and Mastick, of each one ounce, Wax, Deers Suet, Turpentine, of each two ounces, Camphire two drachms, beat the Olibanum, Mastick, Rosin and Frankincense, and Camphire into powder, then put it in a brasse pan with a pottle of white Wine, and put in the Wax and Deer-Suet into it, and when it doth boil, put in your Turpentine, and let it boil a quarter of an

hour,

hour, then take it from the fire and let it stand and cool until the next day, then work it with your hand to work out the wine, annointing your hands first with oyl, then make it up in rowls, then as need shall serve, take there of and spread it with a warm knife upon a fleshy side of a sheeps skin, and apply it warm to the grieved place, and take it not off until it fall off of it self, pricking the plaister full of holes.

A Searcloth to be used against Carbuncles, red Sores, Biles, Swellings, or any hot causes.

Take a wine pint of pure Salladeoyl, and put into an earthen pot that is very large, and set it upon a very soft fire of Charcoal, and when it beginneth to boil, stir it with a Hazell stick of one years shooting, then put into it two ounces of *Venice* Sope that is pure white, half a pound of red Lead, one quarter of a pound of white Lead, letting it boyl very softly, stirring it continually

tinually with this Haz'e ſtick for the ſpace of two or three hours, you ſhall know when it is boiled by this, drop one drop thereof on a board, and it will be ſtiff when it is enough, then take it from the fire, and put into it half an ounce of oil of Bayes, then let it boil again a little, then let your cloaths be cut of a reaſonable ſize to dip them in it, then you muſt have two ſticks, which muſt be hollow in the middle to ſtrip the cloaths through, then lay them abroad untill they be cold upon a broad, then reul them up and keep them, and when you uſe them, lay them upon the place grieved, and let them lie twelve hours, then take it off and wipe it, & lay the other ſide, and let that lye as long.

A Plague Water to be taken three times, for the firſt helpeth not.

Take a Gallon of White-Wine, Ale or Beer, and to that quantity take ſo quarter of a pound of each of theſe

these Hearbs following, Rose-water a quarter of a pint Rue, Sage, Vervin, Egrimony Betony, Celendine, Carduus, Angelica, Pimpernel, Scabios, Valerian, Worm-wood, Dragons, Mugwort, all these Hearbs must you shred in grosse together, and steep in the aforesaid liquor, the night before you distil it in a Rose-Water Still, and then keep the first water by it self, being the weaker, and therefore fitter for Children; it helpeth all Fevers, Agues, and Plagues, being thus taken, seven spoonfuls or thereabout of the strongest blood-warm, and give it to the party to drink in an Ague or Fever, an hour before the fit come, and so to sweat, either by exercise, or in your bed, but your stomach must be empty, and if it be taken for the plague, then put it into a little Dracordium or Mithridate.

A defensive Plaister.

Take the white of an Egg, and

tinually with this Hazle ſtick for the ſpace of two or three hours, you ſhall know when it is boiled by this, drop one drop thereof on a board, and it will be ſtiff when it is enough, then take it from the fire, and put into it half an ounce of oil of Bayes, then let it boil again a little, then let your cloaths be cut of a reaſonable ſize to dip them in it, then you muſt have two ſticks, which muſt be hollow in the middle to ſtrip the cloaths through, then lay them abroad untill they be cold upon a broad, then reul them up and keep them, and when you uſe them, lay them upon the place grieved, and let them lie twelve hours, then take it off and wipe it, & lay the other ſide, and let that lye as long.

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A defensive Plaister.

Take the white of an Egg, and

and Bolearmoniack, spread it on leather.

A Sirrup for a Cold.

Take Colts-foot Water, Lap-water and Honey, put Liquorice, Annise-seeds and Elecampane, put thereto the juyce of Fennel, and boil them.

To stay the bleeding of a Wound.

Take Charcoal red hot out of the fire, and beat it to powder.

A Poultesse.

Take milk, Oat-meal, and Red-Rose-leaves, and a little Deers-suet.

For the Running of the Reins.

Take Cups of Acorns, and grate them, and grate some Nutmeg, put this in beer, and drink it.

For a Poultesse.

Take Linseed and beat it to powder, boil it in Milk with Mallows and Sheeps suet.

For a blast.

Take a good quantity of Vervin, and boil it in Milk, and wash the blast

Blast therewith very well, then bind the herb very close to it some few hours, after wash it again, the milk being warmed, and so bind it up again, the oftner it is done the better, and in a day or two it will be well, if it be taken before it fester.

Another.

Take a good quantity of Vetion being green, with as much Dill, chop them together, and boyl them in Bores-grease as much as will cover them, and for want thereof, so much May-butter, and when they be boiled together, let them stand two or three dayes, and then boil it a little, and so strain it through a cloath.

A Balsamum.

Take in the latter end of *September* good store of Honey suckle berries, and put them in a body of a glasse still stopped, and set it in hot horse-dung eight dayes, distill it in Balneo, then when you have drawn

drawn the water forth, pour the water into the ſtuffe again, ſtop it cloſe, and put it into the dung four and twenty hours, then ſet it in aſhes, and diſtill both Water and Oyl with a great fire, as much as will come forth, and at laſt ſeperate the water from the oyl in Balneo.

To make an excellent Oyl of Hypericon.

Take flowers, leaves and ſeed of Hypericon as much as you liſt, beat them together, and infuſe them in white-Wine, that they may be covered therewith, and ſet them in the Sun for ten dayes, then put thereto ſo much Oyl-Olive as all the reſt do weigh, and let it ſtand ten dayes more in the Sun, but look that you weigh the Oyl to know how much it is, then put thereto for every pound of Oyl two ounces of Turpentine, and one drachm of Saffron, and of Nutmegs, and Cloves of each half an ounce, of

Myrrh

Myrrh and Rosin of eachone ounce and of the root of Briony two ounces, put them all in a Vessel of glass, and mix them well together, and set them in a Vessel of hot Water, and then set thereto a head of glass, and Receiver well shut, and b il it so long until no more will distil from it, which will be about twenty four hours, then take it out and strain it whilst it is hot, and keep it in a Vessel of Glass, and when you first use it, heat it well, and apply it upon a wound without using any tent at all, this is excellent for a green wound, especially if there be veines, sinews, or bones offended or cut, it keepeth wounds from putrefaction, it cleanseth them and easeth pain, and doth incarnate and skin them, it helpeth bruises, pains, aches, or swelling in any part, and is wonderful good against venom or poyson.

For the Falling sickness.

Take the roots of Single Pionies grate them, drink them, and wear some of them about your neck.

For the kibed heels.

Take a Turnip, make a hole in the top of it, take out some of the pith, infuse into that hole oyl of Roses, then stop close the hole, roast the Turnip under the embers; when it is soft apply it plaisterwise warm to the kibe, bind it fast.

Lapis Prunellæ.

A Medicine for sore Eyes.

Take one pound of Saltpeter, boil it in a Goldsmiths earthen pot, with a very hot fire round about it, let it boil till it be very black and melted, then take a quarter of an ounce, or six penny weight of Roch-Allum, and a quarter of an ounce of Brimstone, break them and put them in the Saltpeter by little at once as it boileth, and let it burn till the flame go out of it self, then pour

your it in a brass Ladle, or into a Chafer, and so let it stand till it be cold, and when you will use it, scrape it very fine with a knife, and put a little of it to the sore eyes, hold down the eye-lids till the pain be gone, then let the water drop out of the eye: This Medicine taketh away the Pearl, Pin and Web in the eye, and all sores and blood-shed, it also helpeth the tooth-ach, being put into the hollow tooth, with a little lint, if the tooth be not holle w, rub it outward: Finally, it helpeth a stinking breath, being eaten in the morning fasting.

For a scald Head.

Take a handful of Glovers shreds and a handful of Dock-roots, the pith taken out, and boil them in strong Ale until they be reasonable thick, and annoint the head therewith.

For a bloody Flux.

Take Rubarb and roast it, then grind it to powder, and take as much

as

as will lye upon a sixpence, and keep warm that day, the next day eat conserve of Roses, mixed with Coral, and drink that day if you will, posset Ale made of Camomile.

For the Itch.

Take a pound of Butter unwashed and unsalted, three good handfuls of red Sage, and as much Brimstone beaten into powder, as a Walnut, boil these well together, and strain it and put in half an ounce of Ginger beaten small.

For sore eyes

Take new Hens-dung out of the nest, and put it into an Oven almost cold, let it lie there all night, and take the white of it, and beat it being dryed, and take as much of the powder of Ginger finely beaten, and put to that half a like quantity of Sugar-candy, all which must be beaten very well and searced, then put it into the sore-eyes every night, and in the morning and wash them with water

A Water for sore Eyes.

Take a pint of fair running water, of wild Daisies, and three leaved-grass, of each a good handful, wash the herbs very clean in a Cullender, and put them into a clean skillet of water, let them boil very well over the fire, until the water look green, then take a little piece of Alum and put into the water, & when it is boiling then taste of the water, & when it sticks to the mouth, take as much honey as will make it very sweet, then after it hath boiled a little while, take it off the fire, strain it and drop a little every night into the eyes.

An approved application against any Sunsets.

Take the bottome of a Muncorn-loaf, cut it about an inch thick, and as broad as the palm of your hand, toast it very well, then take of Sallad oyl and Claret-wine of [illegible] as much as will

will wet the toaſt well and throughly, warm it hot, then put the toaſt into it, when the toaſt is well ſoak'd ſtrew the ponder of Cloves & Mace here upon thick, then apply it to the ſtomack of the Patient as warm as he can endure it, it will purge upwards and downwards as often as you apply a freſh toaſt made as aforeſaid, that may be applyed ſo often as any one finde their ſtomack ill at eaſe, although then it will not purge, except in caſe of ſurfeit.

A Medicine againſt the Plague

Take of the root called Setwel the quantity of half a Walnut, and grate it, of Triacle green, one good ſpoonful, of fair water three ſpoonfuls, make all theſe more than lukewarm; and ſo drink them off in bed, and ſweat ſix or ſeven hours, and if your ſweat drink ſmall Poſſet-Ale made of ſmall drink as you need, but not till an hour and half after the taking of the Potion, and

it will bring for the the Plague, for if you cast the Medicine, you may take it the second, third, or fourth time, by the whole, half, or less measure as your stomach will bear it: if any do take it and thereupon happen presently amendment, or a rising of fire, you may think it to be the sickness, for the nature of the Medicine is to prevent the Plague, and in others to expell the Sore, if it be not taken too late, in which case the stomach will not brook it easily, and after two or three times taking it you minister it to any, let it be after their first sickness left if their disease be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in *March* and still it in a Glass Still, it is a good medicine to stop blood, & for the heat and redness of the face and good to cure green wounds.

For the Tooth-ach.

Take Spearments, and ground-Ivy, of each a handful, and a good spoonful of bay-Salt, stamp all these very well together, and boil them in a pint of the strongest Vinegar that you can get, let these boil altogether until they come to a quarter of a pint, then strain it, and put it into a glass, & stop it very close, when your teeth doth ake, take a spoonful of it blood-warm, and hold it in your mouth on that side the pain is.

To make the Teeth stand fast.

Take Roots of Vervine in cold wine, and wash the teeth therewith.

For the perillious Cough.

Take white Hore-hound stamp it, wring out the juyce, and mingle it with honey, and seeth it, and give it to the sick to drink, or else Sack, and Garlick seed, and roast it in the fire, and take away the peelings, and eat the rest with Honey,

or else take Sage, Rew, Cummin, and powder of pepper, and seeth all these together in honey, and make thereof an Electuary, and take thereof a spoonful in the morning, and another at night.

For a man that hath no sufficient meat or drink.

Take a pottle of clear water, & a good handful of Dandilion, and put it in an earthen pot, and seeth it till it come to a quart, and then take out the herbs & put in a good quantity of white Sugar, till you think it be somewhat pleasant, & then put into a Vessel wherein it may cool, and then take twenty or thirty Almonds, blanch them & beat them in a mortar, and when the water is cold put it to the Almonds, & strain it through a clean Cipres bag without compulsion, and if it be thick set it run through again, & so keep it in a vessel, and drink of it often, at all times as you please.

To preserve a man from the Plague.

Take *Alee Apaticum*, and *Aloe Succatrine*, fine Cinnamon and Myrrh, of each of them 3 drchms, Cloves Mace *Lignum aloe*, Mastick *Bole Armoniack* of each of them half a drachm, let all these things be well stamped in a Mortar, then mingle them together, & after keep them in some close vessel, and take of it every morning two penni-weight in half a glass ful of white-Wine, with a little water, and drink it in the morning at the dawning of the day, and so may you by the grace of God, go safely into all infection of the air and Plague.

For a Tetter or Ring-worm

Take Mercury a quarter of an ounce, Camphiro one penny weight make them into powder, and rub them in a fair Portenger then take and mix them with the water of the Wine four or five spoonfuls, stir them well together, then put as much

much more water to that, then strain it through a cloth, and take Poppey-seeds one quarter of an ounce, beat that in a little Mortar, with a spoonful of water of the Wine, putting a little and a little till you have spent the quantity of a pint; then put to half an ounce of the Milk of Cocknut, so mix them well together with your Receip, and strain them as you make Almond Milk through a fair cloth, then keep it in a glass for your use.

To keep ones body loose whensoever you need.

Take two ounces of Sirrup of Roses, one ounce of Sene, one penniworth of Annise-seeds, one stick of Liquorice, one pint of Posset-wine, teach them altogether till it come to half a pint, then strain them forth, then boil the two ounces of Sirrup of Roses, and drink it warm.

For a red Face.

Take Brimstone that is whole, and Cinnamon of either of them an even proportion by weight, beat them into small powder, sarce it through a fine cloth upon a sheet of white paper, to the quantity of an ounce or more, and so by even proportions in weight mingle them together in clean clarified Capons grease, and temper them well together, until they be well mortified, and then put them in [illegible] Camphire to the quantity of a bean, and so put the whole confection in a glass.

For a young Child to make Water.

Boil Oggany [illegible] water, & lay it warm to the childs Navel

A Medicine for the falling of the Uvula into the throat.

Take a red Colword leaf, whereof cut away the middle rind, then put the leaf into a paper, and let it be burnt in hot Embers or Ashes, then take the leaf out, , and lay it

hot

hot on the top or crown of [illegible] head, and it will draw it up into [illegible] place and rid you of your pain.

A Medicine for the heat of the soles of the feet, that cometh by them or blood.

Take a quantity of Snales of the Garden and boil them in stale urine then let the patient bath and set his feet therein, and using that often he shall be cured.

Gascons own Powder.

Take of powder of Pearl, of red Corral, of Crabs eyes, of Hartshorn, and white Amber, of each one ounce, beat them into fine pouder, and searce them, then take so much of the black toes of the Crabs claws as of all the rest of the powders, for that is the chief worker, beat them, and searce them finely as you do the rest, then weigh them severally, and take as much of the toes as you do of all the rest of the five pouders, and mingle them well together, and make them up in [illegible]

...ly of Harts-horn, where into ...ut ... infuse a small quantity of Saffron to give them colour, then let them lie till they be dry and fully hard, and keep them for your use.

The Crabs are to be gotten in *May* or *September*, before they be boiled.

The dose is ten or twelve grains in Dragon-water, Carduus water, or some other cordial water.

The Apothecaries in their composition of it, use to put in a drachm or good Oriental-Bezar to the other powders, as you may see in the prescription following.

This is thought to be the true composition invented by *Gesson* & that the Bezar, Musk, and Ambergriece, were added after by some Ignorantly, and that the former will work without them as effectually as with them.

To

[illegible]

[illegible]

[illegible], w[illegible] [illegible]

Take of Pearls, whi[illegible] A[illegible] Harts horn [illegible]yes of Crabs & [illegible] Coral, of each half an ounce, of black highes of Crabs calcined two ounces, to every ounce of this powder put in a drachm of Oriental Bezar, reduce them all into very fine powder, and scarce them, and with Harts-horn jelly, with a little Saffron put therein, make it up into a past, and make therewith Lozenges or Trochises for your use.

You must get your Crabs for this powder about *May*, or in *September*, before they shall be boiled, when you have made them let them dry and grow hard in a dry air, neither by fire nor Sun.

Their dose is ten or twelve grains as before prescribed in the former page.

The

...oice *Manual*, or,
... *prescribed by the Doctors*
... *last* London *Dispensatory*
... *called the Powder of Crabs*

Take the prepared Pearls, eyes or stones of Crabs of red Corral, or white Amber, of Harts-horn, of Orienta Bezar-stone, of each half an ounce, or the powder of the black tops of the Crabs claws to the weight of all the former, make them all into powder, according to Art, and with jelly made with the skin or casting of our Vipers, make it up into small Tablets, or Trochiles, which you must warily dry, as before prescribed, and reserve for your use.

The Countess of Kents Powder, good against all malignant and Pestilent Diseases, French-Pox, Small-Pox, Measels, Plague, Pestilence, malignant or scarlet Fevers, good against Melancholy, detection of Spirits twenty or thirty grains there of being ex-

hibited

bibited in a little warm Sack, or Harts horn Jelly to a man, and half as much, or twelve grains to a child.

Take of the Magistery of Pearls, of Crabs eyes prepared, of white Amber prepared, Harts-horn, Magistery of white Corral: of *Lapis Contra Yarum*, of each like quantity, to these powders infused put of the black tipes of the great claws of Crabs, the full weight of the rest, beat these all into very fine powder, and searce them through a fine Lawn Searce to every ounce of this powder added a dram of true Oriental Bezar, make all these up into a lump, or masse, with the jelly of Harts-horn, and colour it with Saffron, putting thereto a scruple of Amber-gricce, and a little *Musk* also finely powdered, and dry them (made up into small Trochises) neither by fire, nor Sun, but by a crystall; as you may give to a man

twenty

twenty grains of it, and to a Child twelve grains.

The Vertues of a Root called Contrayerve being made into a fine powder.

1. It withstands the Plague being taken in Triacle-water.

2. It is good in all Pestilent diseases, taken in perfect drink with Saffron.

3 It is good against a Fever, taken in *Carduus*-water.

4. It is a great Antidote against all Poysons taken in Sallade oyl.

5. It doth cure the biting of a mad dog, drunk in Rose Vinegar, & then drink nothing else but spring water during the cure.

6. It causeth a speedy delivery, given in Balm-water, Betony water, or in burnt wine.

7. It doth take away the after-throws, given in the same liquors.

8 It is a good Cordial in all fits of the Mother given in Rue-water.

9. It is very soverign in wound-

ing

ing fits, given in Sack, or Borrage water.

10. It is very powerful to withstand all melancholy, given in Sack.

11. It doth help Convulsions in Children given in Spring-water.

12. It helpeth the Worms given in Goats milk.

13. It is good for a short breath, given in Rue-water.

14. It helpeth the Head-pain, given in Rue-water, or Rosemary-water.

15. It helpeth the yellow Jaundice, given in Celendine-water.

16. It is very powerful in the Palsie given to Sage-water.

17. It is a good Antidote against the Gout, given in Sage-water.

18. It withstandeth the growing of the Stone in the Reins, given in Rennish wine.

19. It causeth a good and quick digestion in wake wine.

20. It is a great preserver of Health.

Health and means of long life, taken sometimes in Meede.

21. It may be used as Triacle or Bezar against Surfeits.

22. It is a general upon all occasions, and may be given at all times, when you do not know what the disease is; in any of the aforesaid liquors.

The dose for a man or woman is from one scruple, to two scruples, & a boy or girle twelve or fourteen grains in convenient liquors.

THE.

THE EPISTLE.

Friend,

BEing given to understand, that you were reprinting the Countess of K—rs Manual; I thought good to communicate unto you for the more accomplishment of your second Impression, the virtues of some select Cordial spirits, of very great use in weak and sickly persons, which were first composed by Sir Walter Ralegh, *during his Imprisonment in the Tower, and dispersed by him to divers worthy Personages, in their several occasions and necessities, and were imparted to me by Captain* Samuel King, *who lived long time with him in the Tower, and in his Expeditions; this* King *being my loving Friend, and school fellow, both in* Canterbury *and* Westminster

ſter *Schools I have alſo inſerted hereunto certain Experiments of Gaſ-conspowder, or the Counteſſes, for their operations are much of the ſame nature which have many times with very happy ſucceſs been tryed, upon ſeveral perſons by my ſelf and divers others by my directions aſſuring my ſelf it will be of very great uſe and benefit to ſuch perſons as ſhall have need of ſuch helps and comforts, and ſo I reſt,*

Your Friend

VV. J.

The

The Vertues of Aqua Bezar

It is good against contagious diseases, as Plague, Purples, spotted Fevers, small-Pox, and Measels.

The order to take it, is with *Carduus Benedictus*, or Angelica in poset Ale, and so sweat moderately upon the taking of it. It is good against Surfeits, and easeth the stomach oppressed with wind, crude flegm and superfluities, and helpeth digestion.

The dose is from two to three spoonfuls at one time.

The Vertues of Spirit of Clary

It is good to restore one in any weakness chiefly of the back: It preserveth against the Consumption and Ptisick; it comforteth the heart add increaseth radical moisture! It also strengtheneth Child-bearing women after their delivery.

The

The dose is one or two spoonfuls morning and evening.

The virtue of Aqua Marix.

It is good for all Infirmities of the Spleen, and to open the obstructions thereof, it comforteth the vital parts, and is good against all passions of the heart; it preserveth the meat in the stomach from putrifaction; it helpeth digestion, and expelleth wind.

The dose is one spoonful at one time.

The vertues of Flowers of Rosemary.

It is good against all Infirmities of the stomach & to suppress all offensive fumes rising up from thence to the head, keeping them down, and helpeth memory, it openeth all stoppings of the Liver and Milt, it preventeth *Vertigo Scotomia*, Pallies, Apoplexies, diseases of that kind arising from cold Humors, it breaketh wind and eateth the Cholick.

The

The dose is one spoonful at one time.

The virtues of Spirit of Mint.

It is good for the stomack, and strengthens the retentive Faculty, good against vomiting and all passions of the heart, it comforteth the vital spirits, and is good against the Consumption, it expelleth wind, and helpeth digestion, and is an infallible help for Melancholy.

The dose is from one to two spoonfuls.

The virtues of Aqua Theriacalis.

It is good against all Diseases of the Spleen whatsoever; It preventeth and helpeth contagions, and sudden oppressions and qualms of the heart.

The dose is one spoonful to prevent, and three to the infected, who ought to sweat after taking it.

The virtues of Spirits of Saffron.

It is good to comfort the vital Spirits, passions, trembling, and pen-

pensiveness of the heart, and heb-
eth all malignity oppressing it, and
expelleth wind, suppresseth rhum
which arise from the Spleen, and
up to the head. and openeth the o-
structions of it; it is excellent
gainst all melancholy, and very good
for women in Travail, so it con-
forteth and hasteneth delivery.

The dose is morning and eve-
ing one spoonful for three dayes to-
gether.

Vertues of Spirit of Roses.

It is good to open the obstructi-
on of the Lungs, and preventeth
Consumptions and other infirmi-
ties of that nature; it preserveth
from putrefaction, and keepeth the
breath from being corrupted.

The dose is a spoonful at noon,
at four in the afternoon & as much
at bed time.

The Virtue of the Spirit of Diasatyrion.

The Spirit made of *Diasatyrion*
magis

magis gratum, prescribed in the last London Dispensatory, comforteth and much restoreth decayed nature, strengtheneth the weak back, increaseth seed, and advanceth generation, being taken thrice a day a spoonful at a time, that is, in the morning fasting, at four in the afternoon and last at bedward, with this caution, that the weak parties abstain from veneral acts till after their first sleep.

The dose is one spoonful at one time.

The virtues of the Spirit of Strawberries.

It is excellent good to purifie & cleanse the Blood; it preserveth from, & also cureth the yellow jaundice, & dissipateth the obstruction of the Spleen; it keepeth the body in a sweet temperateness, and refresheth the spirits.

The dose is a spoonful at a time, when need requireth any of those

those helps for the aforesaid diseases.

Spirits of Confection of Alkermes *virtues.*

It is an excellent comforter of the Spirits vital, natural, and animal, in weak and delicate persons, and against all trembling pensiveness, and sudden qualms of the heart.

The dose is one spoonful at one time.

The virtues of Spirit of Comfrey.

It hath all the virtues which Spirit of Clary hath, only it is of greater efficacy in inward hurts, bruises and ruptures.

The dose is one spoonful at one time.

Extract of Ambergriece.

Take a drachm of Ambergriece, grind it very small on a Painters stone, then put it in a boult-head, then take of the best Spirit of Wine, either Canary or malligo-Sack, half a pound of Spirit of Clary, two

ounces, mingle them well together, and pour of the Menstrua one pint to this proportion of Amber, set them to digest in a gentle Balneo about eight hours, shaking it together three or four times, then take it out, and being cold, pour it forth, and put almost as much more of the mixed Spirit, digested as before in a gentle heat by Balneo, then put it forth to the first extracted, and add half as much more spirits the third time, and digest it again, and then have you extracted all the spetial part of the Amber, and leave nothing but a black dead earth of no value.

Then take a pint of the spirit of what Herb you will use, and dissolve therein one pound of pure white Sugar-candy, or at the least twelve ounces, very finely poudered and searced through a fine Searcer, for the speedier resolution thereof. It is best to dissolve it cold; this resolution must be twice filtered

through a thin cap paper, to make it very perfect clear: then take three parts of this dulcified Spirit, to one of your Extracts of Amber drawn with Spirit of Wine, then shake them well together, and let them stand in a square glasse very close stopped, untill it shall be perfectly clear; one drachm of this Extraction of Amber will serve to dulcifie and make fit two quarts of Spirits of Mints or Cleary, or the like, and give it a most excellent taste and efficacious vertues.

Several Experiments made of the Countesse of Kents, *or of* Galgons *Pouder, by a Professer of Physick.*

1. A Child aged about five years, troubled much with Hegsie, and drawing on (as the Parents conceived) to his end, with ten grains of this Pouder exhibited in a specifical vehicle to the proportion of one spoonfull, about seven of the clock

at night, with the like dose exhibited the next morning, was within three dayes space perfectly recovered, and went abroad.

2. A Child aged about fourteen years, being suddenly surprized with dangerous Fits, and trembling of the heart, with twelve grains of this Pouder exhibited in a spoonfull of *Aqua Theriacalis*, was that very day recovered.

3. A Stationers Child aged about five years being suddenly taken so ill, that the Parents feared the life of their Child, with ten grains of this Pouder exhibited in a spoonfull of Cordial Spirit, being laid down, and well covered (we suspected it would prove to be the small Pox) became within two or three hours somewhat chearfull: and with this medicine continued once a day, the Pox broke forth, and the Child mended.

4. A Boy aged about sixteen, being taken with suddain qualmes

about his ſtomack and heart, with ten grains of this pouder exhibited in a ſpoonful of Doctor *Mountfords* water upon his fit, and the like quantity exhibited again when he went to bed, was the next day recovered.

5. A Child about three years old, being troubled with grievous torments and gripings in the belly, with wind, with nine grains of this Pouder, exhibited with ten drops of ſpecial Oyl againſt the Chollick, in a ſpoonful of Romack Water, was eaſed in few hours.

6. A Child about ſeven yeares old, being troubled with Convulſion-Fits, with ten grains of this Pouder, mixed with Spirit of Caſtor, in a few ſpoonfuls of black Cherry water, annointing the two neck veines near the eares, with a few drops of Oyl of Amber and Cloves, was ſuddenly

recovered of his fit.

7. A Gentlewoman near forty years old, being oppressed with crude and flatuous humours, so that her friends thought her departing, was with twelve grains of this Pouder, and two drops of a Cordial Oyl, exhibited in a spoonful of Cordial water, being had to bed, within three daies recovered, and followed her domestick business.

8. A youth about twenty years old, much oppressed with wind and crudities of the Romack, with twelve grains of this pouder, exhibited in two drops of specifical Collick Oyl, as in the fifth experiment, with a cordial water was speedily recovered.

9 A young Maid about eighteen years old, troubled with fits of the Mother, and Convulsive fits, with twelve grains of this pouder given her in a few spoonfuls of Piony water, gathered and

distilled in due season, with a drop of oyle of Cinnamon, and two of Amber mingled together, being held upright before a warm fire, within four hours recovered out of her fit, and went up to her chamber (though her teeth were set in her head, and small appearance of life) but that onely her feet were warm, was discovered in her.

10. A Gentlewoman aged about fifty, being very much troubled with flatuous and crude humours oppressing the stomach, with sixteen grains of *Gascon* pouder, and with three drops of Oyle of Oranges, duly prepared, exhibited in an ounce of *Aqua Theriacalis*, being well shaken and mingled together, being exhibited at two several times, that is, at night when she went to bed, disposing for rest, and betimes the next morning, found much ease and comfort, and gained some quiet rest that night,

night, and shortly recovered.

11. A yonng Woman aged about four and twenty, not without some suspition of the Plague, having a tumor long while arising on her groin, with three severall doses of *Gascons Pouder*, exhibited at three evenings when she disposed for rest; by twelve grains for every dose in a spoonfull of triacle water, drinking every morning a spoonfull of *Spirit of Saffron* for those three daies together, was perfectly recovered, and followed her domestick business.

These and many other Experiments have I with good success tryed, and with Gods blessing recovered diverse several Patients.

This Pouder is good against small Pox, Measels, spotted or purple Fever, exhibited in specificall waters fit for their several diseases; It is good in swounings and passions of the heart, arising from malignant vapours,

or old causes, as also in the Plague or Pestilent Fevers, alwayes observing to keep the persons upright, warm, and well covered after their taking it.

The dose of this pouder in Children is from eight to twelve grains, in persons more aged, from twelve to fourteen grains, but exhibit the dose twice or thrice if need require. In the Plague you may use a greater quantity, with such medicines as are prescribed in the Child-bearers Cabinet, and it will not be amiss to mingle it with some *Aqua Theriacalis*.

The Composition of the Oyl called Oleum Magistrale, said to be invented by one named Aparichus, a Spaniard, being special good to cleanse and consolidate wounds, especially in the Head.

Take a quart of the best White-wine you can get; of pure Oyl

of Olives three pound, then put thereto these flowers and herbs following: of the flowers and leaves of Hypericon half a pound, of *Carduus Benedictus*, of Valetian, of the least Sage, of each a quarter of a pound, if it be possible, take the leaves and flowers of every one of these, then let them all steep twenty four hours in the aforesaid Wine and Oyl, the next day boil them in a pot well scaled, or in a copper vessel over a soft fire, until such time as the wine be all consumed, stirring it alwaies with a spattle: after you have thus done, take it from the fire, and strain it, and put to the straining a pound and half of good *Venice* Turpentine, then boil it again upon a soft fire the space of a quarter of an hour, then put thereunto of Olibanum five ounces, of Myrrh three ounces, of *Sanguis Draconis* one ounce, and so let it boil till the Incense and myrrh be melted, then take it off, and let it stand until it be cold,

then put it into a glasse bottle, and set it eight or ten dayes in the Sun, and keep it for your use.

This Oyl, the older it is, the better it is, it must be applied to the Patient wounded as hot as may be endured, first washing the wound with white wine, boiled with a handful of Incence to comfort, and wiping it clean with a linnen cloth before you dresse it, which must be if it come to any bruisings or bitings twice a day, that is, about eight of the clock in the morning in winter, and at summer about nine in the morning, and about four in the afternoon, but if they be green wounds, you shal not need to change it again untill the next day, neither need the Patient to observe any precise diet.

ADDITI-

ADDITIONS.

A rare Searcloth with the Virtues.

Take of Oil Olive one pound and a half, red Lead one pound and a half, of white Lead one pound, Castle-Sope four ounces, put your oyl Olive in a Pipkin, and put thereto your Oil of Bayes, and your Castle Sope: seeth these over a gentle fire of embers till it be well mingled, and melted together, then strew a little red Lead. and white, being mingled together in pouder, still stirring it with a spliter of Wood, and so strew in more of your Lead by little and

little till all be in, stirring it still by the bottom to keep it from burning, for an hour and half together, then make the fire somewhat bigger, till their redness be turned into a gray colour, but you must not leave stirring it til the matter be turned into a perfect black colour, as pitch, then drop a little upon a wooden Trencher, and if it cleave not to the Trencher, nor your finger, it is enough; then take the long linnen clothes, and dip them therein, and make your Sear-cloath thereof: they will keep twenty years; let your pouder of your Lead be searsed very fine, and shred the Sope small.

The Vertues of this Sear-cloth, are:

Being laid to the stomack, it doth provoke Appetite, and taketh away any pain in the stomack, being laid on the belly, it is a present remedy for the Chollick being laid to the back,

it is a present Remedy for the Flux, and running of the Reins, heat of the Kidnies, and weakness of the Back; it helpeth all Swellings and bruises, taketh away aches, it breaketh Fellons and other Imposthumes, and healeth them, it draweth out any running Humor, and helpeth him without breaking of the skin, and being applyed to the Fundament, helpeth any disease there; it helpeth all old sores, and will be made in six hours.

For a Surfeit.

Take three pints of Muskadine, one handful of Rue, one handful of red Sage; boil this together three or four walmes, take a quarter of an ounce of Nutmegs, half an ounce of Ginger, two or three corns of long Pepper, beat them all together, and boil them until the three pints come to a quart; strain it, and put in it a quarter of an ounce of Mithridate, half

half an ounce of London-Triacle, a quarter of a pint of strong Angelica-water, all these being well mixed together, put them up in a Glass.

It is good for one that hath Surfeited to take three or four spoonfuls keeping them very warm in bed, the same quantity taken is good against the Small-Pox, or Measles.

It is good against the Wind, or pain in the stomach, taking one spoonfull in the morning, or any Infection.

An excellent Receit against a Cough of a Consumption

Take a quarter of a pound of the best Honey, a quarter of a pint of Conduit-water, boil them as long as any white scum ariseth, & take it off, then take a quarter of a pound of the best blew Carrans, put them on the fire in a pint of fair water; boil them untill they be tender, then pour the Water from them, and bruise them through

through a hair Sive, and put that Juice, and Hony together: adde to it one ounce of the pouder of Liquorice, one ounce of the pouder of Anniſe-ſeeds; mix all theſe together, and put them in a gally-pot, and when it is cold tye it up; the party troubled may take of it upon the point of a knife morning or evening, as often as the Cough taketh them.

Lucantelions *Balſom, admirable for Wounds, and many other things.*

Take of Venice-Turpentine a pound, Oil-Olive three pints, yellow Wax half a pound, of natural Balſom one ounce, Oil of St. *Johns*-Wort one ounce, of red Saunders poudered an ounce, ſix ſpoonfuls of Sack: cut the Wax and melt it on the fire, and then left it catch the fire, take it off, put in the Turpentine to it, having firſt waſhed the Venice-Turpentine thrice with Damaſk

mask Rose-water, and having mingled your Sallade oyl with the Sack, put also the oyl to them, & put them all on the fire, and stir it till it begin to boil, for if it boil much, it will run over speedily, then suffer it to cool for a night or more, until the water and wine be sunk all to the bottom, then make some holes in the stuff, that the water may run out of it, which being done, put it over the fire again, putting to it the Balsom, and the Oil of Saint *Johns-wort*, and when it is melted, then put the Sanders to it: stir it wel that it may incorporate, and when it first begins to boil, take it off the fire, and stir it the space of two hours, till it be grown thick, then put it up, and keep it for your use as most precious, for thirty or fourty years, or more.

The Vertues.

1. It is good to heal any wound in ward or outward, being squirted warm

warm into the inward wound, being applyed to an outward wound with fine lint, or Linnen, annoinning also those parts thereabouts, it not onely taketh away the pain, but also keepeth it from any inflamation, and also draweth forth all broken bones, or any other thing that might putrifie or fester it, so that the brains or inwards, as the Liver, Guts, or heart be not troubled, it will heal it in four or five dayes dressing, so that nothing be applied thereunto.

2. It also healeth any burning and scalding, and healeth also any bruise or cut, being first annointed with the said Oil, and a piece of linnen cloth or lint dipt in the same, being warmed and laid unto the place, it will heal it without any scar remaining.

3. It helpeth the head-ach by annointing the Temples and Nostrils therewith.

4. It is good against the Wind-Cholick,

Cholick, or stitch in the Side, applied thereto warm with hot clothes, morning and evening together a quarter of an ounce.

5. It helpeth the biting of a mad Dog, or any other Beast.

6. It is good against the Plague, annointing onely the Nostrils, and the Lips therewith in the morning before you go forth.

7. It also healeth a Fistula, or Ulcer, be it never so deep, in any part of the body, being applied as aforesaid is directed for a Cut.

8. It is good against Worms, or Canker, being used as in a Cut, but it will require longer time to help them.

9. It is good for one infected with the Plague, Measles, so as it be presently taken in warm Broth, the quantity of a quarter of an ounce four mornings together, and sweat upon it.

10. It likewise helpeth digestion, annointing the Navel and Stomach there-

rewith when the party goeth to
d, it will stanch any Blood of a
een Wound, put in a plaister of
nt on it, and tye it very hard.

11. The quantity of an Nutmeg
n Sack blood warm, and sweat
hereon, it bringeth forth all man-
ner of clotted Blood, and taketh a-
way all Aches.

12. It also healeth the rose Gout
and Scurvy.

13. It helpeth all pains in Wo-
mens breasts, all chops or Wolf that
cometh with a Bruise.

14. It helpeth the small Pox, be-
ing annointed therewith without
any Scar.

15. It helpeth all Sprains and
Swellings, and indeed I cannot tell
what comes amisse unto it.

A most

A most certain and proved Medicine against all manner of Pestilence and Plague, be it never so vehement.

Take an Onion, and cut it overthwart, then make a little hole in either piece, the which you shall fill with fine Triacle, and set the pieces together as they were before: after this, wrap them in a fine wet linnen cloth, putting it to roast, and covered in the embers or ashes, and when it is rosted enough, presse out all the juice of it, and give the Patient a spoonful, and immediately he shall feel himself better, and shall without fail be healed.

How to make the Ointment of Tobacco Jobertus.

Take of green Tobacco-leaves two pound, of fresh Hogs grease diligently washt, one pound, bruise the herbs,

rbs, and infuse it a whole night red wine, and then let it boil with e Hogs-grease with a gentle fire, ntil the wine be all consumed: hen strain it, and add to the Ointment the juice of tobacco 1. pound ood and clear Rosin four ounces, hen boil it again till the juyce be onsumed, adding towards the end f round Birthwort-roots in powder wo ounces, new Wax four ounces, or so much as is sufficient to make it into an Ointment.

The Virtues of it are these.

It cures all Tumors, Apostumes, Wounds, Ulcers, Gun shot, Botches, Itch, stinging with Nettles, Bees, Wasps, Hornets, or Venomous Beasts, wounds made with poysoned Arrows, all burnings and scaldings, although it be with Oyl, or Lightning, and that without any fear; it doth help all nasty, rotten, stinking, putrified ulcers, although they

they be in the legs where the humo
be ready to resort most in Fistula
although the bone be afflicted it w
scale it without any instrument, a
bring up the flesh from the botto
your Face being anointed with
it taketh away suddenly all redne
pimples, Sun-burnt; A Wou
dressed with this Ointment, it w
never putrifie, it will cure a Wou
when no tent can search it; it cur
the Head ach, the Temples beh
annointed therewith; the Stoma
being annointed with it, no Infirmi
ty will harbour there, no not Impo
stumes, or Consumption of th
Lungs, the belly being annointe
therewith; it helpeth the Cholick
and Illiack passions, the Worm
(and what not) too tedious here
to relate: it helpeth the Emroids
or Piles, It is the best Ointment in
the World for all sorts of Gout
whatsoever, and there can nothing
come nigh unto it.

A ver

A very good Conserve for the help of a Consumption and Cough.

Take half a pound of blew Raisins, the blackest sort is the best, and stone them, and skin them, and two ounces of white Sugarcandy, and two ounces of Oil of sweet Almonds and bruise them well, and when they are well incorporated together, use it to eat morning, noon, and night.

A very special Drink against a Consumption.

Take Colts-foot, Hyssop, Scabblos, & Maidenhair, of each a handfull, and a quarter of a pound of figs, and cut them in two pieces, and a quarter of a pound of Raisins, and stone them, and take ten Dates and stone them, and so boil them in four quarts of fair water, and after it hath boiled a little, put into it half an ounce of Liquorice scraped, and

and bruised, and so let it boil till one quart be boiled away, then take it off, and when it is cold, strain it into a pot, and drink half a pint each morning at four of the clock, and so much after dinner, at four of the clock.

For Worms in Children.

Wormseed boiled in Beer or Ale, and then sweeten it with clarified Honey, and let them drink it.

How to drive away the Yellows of the Face that is caused by the overflowing of the Gall. Approved.

Take a great white Onion, and make a hole in the top of it, and then put into it the quantity of a Nutmeg of good Triacle, and then stop the hole again with the said piece that is cut out of it, but mingle the Triacle with Saffron powdered, this being

ring done, roast the Onion in hot Embers, being wrapped up in wet paper, and when it is well roasted, wring out the juice thereof hard, and give the party this drink in the morning, and sweat an hour after it, and so continue for three months together, and then let the party take a gentle purge & rest.

An excellent Medicine for the Dropsie, made for Queen Elizabeth by Doctor Adrian, *and Doctor* Lacy. *Proved.*

Take Pellpodium, Spikenard, Squat. Genger, Marjoram, Galingal, Setwel and a penny weight. Senna leaves and cods, so much as all the rest grossly beaten; put them into a bag, and hang it in an earthen pot of two gillons of Ale, and every fourd yes cover the pot with new Barm, and drink no other drink for six dayes, and this shall purge all ill humours out of the body, neither

will it let the blood putrifie, nor Flegm to have dominarion, nor Choler to burn, nor melancholly to have excoriation, it doth encrease Bloud, and helpeth all evil, it helpeth and purgeth Rheum, it defendeth the stomack, it preserveth the body, and ingendereth good colour, comforteth the sight, and nourisheth the mind.

For the Dropsie that sweateth.

Eat Water-cresses, and Raisins, use it often, and it will send down the Disease into the legs and feet, and when it is there, take the green bark of Elder in the Winter, and the crops in Summer, and boil them well in fair water and Oat-meal to a Poultess, and apply it to the grief, and this will heal it.

The Celestial Water in the World for the Eyes.

Aqua Celidonia,
Aqua Euphrasia,
Aqua Finiculi,
} of each a quarter of a pint.

Lapis Tutia,
Lapis Calaminaris,
} of each a dram.

An excellent Water for one that is near, or in a Consumption.

Take Milk three pints, red Wine one pint, twenty four yolks of new laid Eggs, beat them very well together, then add so much white Bread as will drink up the Wine, and put to it some Cowslip flowers, & distil them and take a spoonful first and last in broth made of a Chicken, or Mutton, and in one month it will cure any Consumption.

[illegible] stick, and put it [illegible] and set a Funnel over it, [illegible] the fume into your [illegible] and set it [illegible] into your stomach, & [illegible].

Doctor Teucables *green Balsom*

Take in the month of May, Rosemary-crops, Wormwood, Balm and Rue, *ana.* two ounces, red Sage and Bay-buds, *ana.* four ounces, Sheeps suet twelve ounces, beat all this very well together in a stone Mortar, till it be all as a Salve, then put it in to a clean Pipkin well stopt, and set it for eight dayes in a cold place, then put it all in a clean brass Chafer, and add to it a pound of sweet Sallade-Oyl, and as many of the said Herbs as aforesaid well bruised, and let them boil over a soft fire very softly, the space of an hour, and stir them all the time with a wooden

Spatula

Spatula, then take them from the fire and presently put into it an ounce of Spike Oil, and stir them together, then with a spoon take off the oily substance from the Herbs, and then strain it into a Gally pot, and keep it very close stopt, and set it in a cool place, it will keep good two or three years.

The Virtues are these.

The virtue of the said Balm is in all perfection good to cure all that is here under-written, and the said oil is good to cure any wounds either inward or outward, proved. Being inward squirted into the said wounds warm, and outward, being applied with fine lint or linnen, and annointing all the parts thereabouts.

1. It doth not only take away the pain but it doth also keep it from inflammation, and draweth forth also all broken bones, or any thing

else that may putrifie or fester, if the Brains, Heart, Guts, Liver be not touched, it will heal in four or five times dressing, if no other thing be applyed thereunto.

2. It healeth any burning or Scalding by fire or water, or by any other means, it healeth any.

A most excellent Powder, much used by a Person of Quality, lately deceased, with the vertues.

Take Pearl Magistrale prepared, Corral red and white prepared, prepared Amber, prepared Hares-horn, of each half an ounce, *Contra Yerua* one ounce; mingle them well together, then take three ounces of the black claws of Crabs before they be sodden, they must be taken in *June* or *July*, the Sun being in *Cancer*, mingle all well together, then put to it four ounces of white Sugar candy poudered, and mingle with the Sugar-

Sugar-candy, Ambergriece, Musk, Citron-seed skinned, *ana* ten grains; beat the seeds, Sugar-candy & Ambergriece by themselves, very fine in a Stone Mortar, all the rest must be past through a fine Searce, then make a strong Jelly of Harts horn being boiled with White wine, and in it strew therein Saffron powdred two drachms, and with this Jelly perfume the powders, being all mixt into a paste, so make it up into little balls, and set them in a warm Oven to dry, and then put them up to your use, the closer they be kept, the better.

The Virtues of this powder is most excellent.

1. For to bring out the Small-Pox, or if they be come out, take ten grains in Dragon-water each three hours, for nine hours.

2. For the Plague, taken ten grains in Dragon-water each three hours,

for nine hours. and sweat and keep your self warm.

3. For a Heptick, take for nineteen dayes together, six grains every morning in Borrage-water.

4. For a Consumption, in Egrimony-water, take six grains for fourteen dayes together.

5. For the Cough of the Lungs, six grains, in half Betony and half Hyssop-water, for fourteen dayes.

6. For an Ague or Feaver, for three dayes, every third day take seven grains every three hours, for nine hours, in Carduus-water.

7. For poison twelve grains boiled in a little Milk.

8. For a woman that is sick after Labour, take seven grains every three hours, for nine hours in Egrimony water.

9. There

9. There is [illegible] compatible [illegible] times: i[illegible] every [illegible]

[illegible] is a great [illegible] of health, working only as a Cordial, and you may safely take ten, twelve, fourteen, or sixteen, or eighteen or twenty grains at once for a full dose.

11. And if it be a great Feaver, small-Pox, Plaque, Poison, or for a Woman in Labour, put into every Dose three grains of Bezoar-Orientall.

How to strengthen the Back, and to make one lusty.

Take half a pint of Malmsey, and a handful of the pith of an Ox back, but take the pith out from the skin,

then take four or five ſtalks of Artichoaks, and take the pith out of them, but firſt cut the ſtalks into pieces ſo long as your finger, and then parboil them well, and then put it to the other things, and boil it gently to a Jelly, and when you have done ſo, let it be cold, and then eat it upon the point of a knife morning and evening, and at any time of the day, ſo much as you ſhall think fitting, and if you would have it pleaſant, make it ſweet with white Sugar candy, but not with Sugar.

For one that cannot make his Water.

Take Thyme, and ſteep it in wine-Vinegar one night or more, then take of this three ſpoonfuls blood-warm, after that you have eaten, at morning, noon and night.

How

How to help a stinking Breath that cometh from the Stomach.

Take two handfuls of Cammin-seeds, and beat them to powder, and seethe it in a pottle of white wine until half be boiled away, and then give the party a good draught thereof first and last, morning and evening, as hot as he can suffer it, and in fifteen or sixteen dayes it will help.

For the Sciatica, or the Gout, my Lord of Sussex *Medicine, called* Flesh-Unguentors.

Take of Rosin half a pound, of Perosin half a pound, of Virgins Wax four ounces, of Olibanum four ounces, of Mastick half an ounce, of sheeps-tallow, or of harts-tallow two ounces, of Camphire three drachms, and of Turpentine three ounces. *The*

The way to make it.

First, Beat all your Gums aforesaid, very finely by themselves, then take your Tallow and your Wax, and let them together on the fire, that done, put in your Resins, then your Parchin, then your Olibanum, and last of all your Mastick: and when all is melted together over a soft fire of Coals, then strain it through a sheet of Canvase cloath into a quart of White Wine, and then let them all boil together again until half the Wine be wasted and fod away, then take it from the fire, and let it cool, then afterward when it is almost cold, anoint your hands with the oil of sweet Almonds, and work it up in rowls like wax rowls, and in the time of the working thereof, cast in your Camphire beaten in fine powder by it self alone: this observed, that before you put in your Camphire into the Mastick for to be beaten

beaten into powder, you must always beat in the same Mortar two or three Almonds, for else your Camphire will not be made into powder.

The ordering of the same Medicine.

First, you must spread it upon a fine linen cloth, plaister wise, and so lay it upon every joynt where the pain is, but before the laying of your Plaister, you must annoint all your Joynts with the oyl of *Roses*, and the stuff of your plaister must be half an inch thick, & according unto the property of the same, you must let it stick and cling where you lay it, for the space of nine or ten days together, notwithstanding it doth put you to some pain or itch in the meantime, yet you must in any wise let it lie on still, for it will both draw out the sinewy and small pimples, and also heal again, and this one plaister must serve during all the time of your disease without any manner of renewing. *Prob.* of witness by my Lord of *Suffolk*.

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FINIS.

A *True Gentlewomans* DELIGHT.

Wherein is contained all manner of COOKERY:

Together with PRESERVING, CONSERVING, DRYING and CANDYING.

Very necessary for all Ladies and Gentlewomen.

Published by *W. G.* GENT.

LONDON,

Printed by *Gartrude Dawson*, Living in White Cross-street in the Bowling-Alley.

1665.

To the Vertuous and Most Hopeful Gentlewoman, Mris. Anne File, Eldest Daughter of the Honorable Sir Francis File, Baronet, deceased.

Most accomplish Lady,

THE many singular Favours which I have received, not onely from your worthy self, but also from your thrice noble progenitors, justly oblige me by all the duties of gratitude, to tender a just acknowledgement: I wish the same heart, that for many and just causes truly honours you, had any present worthy your acceptance. Now th all it be your singular goodness to patronage this small Treatise, which (if I mistake not) carries with

with it two parts, Delight, and Utility, I doubt not them, but that it will find a general acceptance among all those who are any way the least lovers of such pleasing and all delightful studies. I intend not to paraphrase upon its worth, its use and singular profit, which abundantly speaks second unto none that hath been published of the like nature: so hoping you will accordingly esteem of it, I beg pardon for my boldness, and rest ever,

A true and faithful

honourer of your transparent Vertues,

W. J.

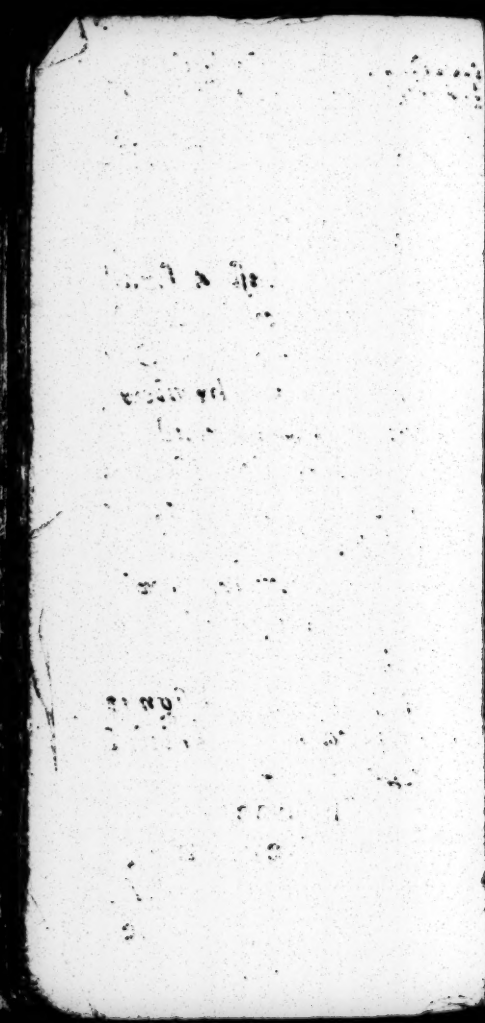
TO

TO THE READER.

Friendly Reader,

HEre thou haſt a ſmall Treatiſe, entituled, A True Gentlewomans Delight, preſented to thy view; be ſo courteous as to read before thou cenſure it. If then the effect be anſwerable to its Name, I ſhall be right glad: If here be any Errors, it will be no error, but a ſingular token of thy exemplar humanity to paſs it by, and ſign it with thy pardon, for which I engage my ſelf,

Thine on the
like occaſion,
W. L.



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A TRUE GENTLEWOMANS DELIGHT.

To make an excellent Jelly.

TAke three gallons of fair water, boil in it a knuckle of Veal, and two Calfs feet slit in two, with all the fat clear taken from between the claws, so let them boil to a very tender jelly, keeping it clean scummed, and the edges of the pot alwayes wiped with a clean cloth, that none of the scum may boil in, then strain it from the meat and let it stand all night, the next morning take away the top, and the bottom, and take to every quart

quart of this jelly, half a pint of Sherry-Sack, half an ounce of Cinnamon, and as much sugar as will season it, six whites of Eggs very well beaten, mingle all these together, then boil it half an hour, and let it run through your jelly bag.

To make a Christal Jelly

Take two Calves feet, flay them, and lay them in fair spring-water with a Knuckle of Veal, shift it in half a dozen waters, take out the fat betwixt the claws, but do not break the bones, for if you do, the marrow of the bones will stain the jelly, when they are soft, and pick very clean, boil them very tender in spring water; when they be boiled tender, take them up, season them at your pleasure to eat, let the broth stand in an earthen Pot or Pipkin, till it be cold, then take away the bottom and the top, and put the clear into a fair pippin pan, put into it half a pound of fair Sugar-candy, or other Sugar, three drops of Oyl of

Nutmeg, three drops of Oyl of ace, and a grain of Musk, and so t to boil leisurely a quarter of an our, then let it run through a Jelly-ag into a Galley-pot, when it is old you may serve it in little care-ss lumps being taken out with a Childs spoon, and this is the best way make your Christial-Jelly.

To make Apple-Cream at any time

Take twelve Pippins, pare and ll them, then put them in a Skiller, nd some Claret-wine, and a race of Ginger, shred thin, and a little Lemon-pill cut small, and a little Sugar, Let all these stand together till they be soft, then take them off nd put them in a Dish till they be old, then take a quart of Cream boil it with a little Nutmeg a while, hen put in as much of the Apple tuffe, to make it of what thickness ou please, and so serve it up.

To make a Trifle-Cream.

Take some Cream and boil it with

with a cut Nutmeg, add Lemon pill a while, then take it off, cool it a little, and season it with a little Rose-water and Sugar to your taste, let this be put in the thing you serve it in, then put in a little Runnet to make it come, then it is fit to eat.

To make Clouted Cream.

Take three gallons of new Milk, set it on the fire till it boileth, make a hole in the middle of the Cream of the Milk, then take a pottle or three pints of very good Cream, put it into the hole you made in the middle of the Milk, as it boileth, and let it boil together half an hour, then put it into three or four Milk-pans, so let it stand two dayes, if the weather be not too hot, then take it up in clouts with a scummer, or a slice, and put in that which you will serve it in, if you like it seasoned, you may put some Rose water between every clout as you lay one upon another with your slice in the

the Dish you mean to serve it in.

To make Quince Cream.

Take the Quinces, and put them into boiling water unpared, then let them boil very fast uncovered, that they may not colour; and when they are very tender, take them off and peal them, and beat the pap very small with Sugar, and then take raw Cream and mix with it, till it be of fit thickness to eat like a Cream, but if you boil the Cream with a stick of Cinnamon, I think it the better, it must stand till it be cold before you put it to the Quinces.

To make a fresh Cheese.

Take a pint of fresh Cream, set it on the fire, then take the white of six eggs, beat them very well, and wring in the juice of a good Lemon to the whites, when the Cream seeths up, put in the whites, and stir it about till it be turned, and then take it off, and put it into the cheese-cloth, & let the whey be drawn

from

from it, then take the curd & pound it in a stone-Mortar with a little Rose-water and Sugar, and put it in an earthen Cullender, and so let it stand till you send it to the table, then put it into a dish, put a little sweet Cream to it, & so serve it in.

To make a Codling Cream.

After your Codlings be throughly cooled and yeelded, put them into a silver dish, & fil the dish almost half with Rose-water, and half a pound of sugar, boil all these liquors together until half be consumed, and keep it stirring till it be ready, then fill up your dish with sweet Cream, and stir it till it be well mingled, and when it hath boiled round about the dish, take it up, sweeten it with sugar, and serve it cold.

How to make a Goosberry Fool.

Take your Goosberries and pick them, and put them into clean water, and boil them till they be all as thick

lick that you cannot discern what it is, to the value of a quart, take six yolks of Eggs well beaten with Rose-water, and before you put in your Eggs, season it well with sugar, then strain your Eggs, and let them boil a little while, then take it up, put it in a broad dish, and let it stand till it be cold, thus it must be eaten.

How to make a white Pool.

Take a quart of Cream, and set it over the fire, & boil it with whole Cinnamon, & sliced Nutmeg, and sugar, then when it is almost ready, take the white of six Eggs wel beaten with Rosewater, & scum off the froth from them, & put it into the Cream, and boil it together a pretty while, then season it, & take the whole spice out of it, & put it up in a broad dish, and when it is cold, then it must be eaten.

To make a Goosberry Custard.

Take as many Goosberries as you please, boil them till they be soft

ſoft, then take them out & let them ſtand and cool, & then drain them, draw them with your hand through a Canvaſe ſtrainer, then put in a little Roſe-water, Sugar, and the whites, and ſtir them altogether, put them in a skillet, and ſtir them apace, elſe they will burn, let them ſtand and cool a little while, and take them off, & put them in a glaſs

To make a Fool.

Take two quarts of Cream, ſet it over the fire, and let it boil, then take the yolks of twelve Eggs, and beat them very well with three or four ſpoonfuls of cold Cream, before you put the Eggs into the hot Cream; take three or four ſpoonfuls of the Cream out of the Skillet, and put into the eggs, and ſtir it together, and then ſtrain the eggs into the Skillet of hot Cream, ſtirring it all the time to keep it from turning, then ſet it on the fire, and let it boil a little while,

but keep it still stirring for fear o burning, then take it off, and let i stand and cool, then take two or three spoonfuls of sack, and put it in the dish, and some four or five sippets, and put them in the dish, set the dish and sippets a drying, & when they be dry that they hang to the dish, sweeten the Cream, and pour it in the dish softly, because the sippets shall not rise up, this will make three dishes: when it is cold, it is fit to be eaten.

To make Cheese-Cakes.

For the crust, take half a pint of flower, and four spoonfuls of cold water, and three parts of a quarter of a pound of Butter, beat and knead these together, and put the pastasunder several times, then roul a square, and turn it over, than take a pint of Cream, and seven Eggs, and a quarter of a pound of Sugar, and a quarter of a pound of Curans plump before you put them and a whole Nutmeg grated on a

soft, then take them out & let them stand and cool, & then drain them, draw them with your hand through a Canvase strainer, then put in a little Rose-water, Sugar, and the whites, and stir them altogether, put them in a skillet, and stir them apace, else they will burn, let them stand and cool a little while, and take them off, & put them in a glass

To make a Fool.

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knife, and some Pepper beaten, but not too much, it must be gently boiled and stirred as you do buttered Eggs; the stuffe must be cold, and then put in the Coffin, and so bake it.

To make a Sack-Posset.

Take two quarts of pure good Cream, a quarter of a pound of the best Almonds, stamp them in the Cream, and boil Amber and Musk therein, then take a pint of Sack in a Bason, and set it on a chafing-dish till it be blood warm, then take the yolks of twelve Eggs, with few whites, and beat them very well together, and so put the Eggs into the Sack, and make it good and hot, but with Cream cool a little before you put it into the Sack, then stir altogether over the coals, till it be as thick as you would have it, if you like some Amber and Musk, and [illegible] finely with Sugar, & strew [illegible] top of the posset it will give [illegible] and pleasant taste

To

To make Leach.

Make your Jelly for your Leach with Calves-feet, as you do your ordinary Jelly, but a little stiffer, and when it is cold take off the top and bottome, and let it over the fire with some Cinamon and Sugar, then take your Turnsole being well steept in Sack, and crush it, and so strain it in your Leach, and let it boil to such a thickness, that when it is cold you may slice it.

To make yellow Leach.

Your yellow Leach is just the same, but in stead of Turnsole, you must colour it with Saffron, and when it is boiled enough then put in your Saffron, and not before, it must not boil in it.

To make a Slipcoat Cheese.

Take five quarts of new Milk from the Cow, and one quart of water, and one spoonful of Runnet, and stir it together, and let it stand till it doth come, then lay your Cheese-cloth into the Vate, and

take up your curd as fast as you can without breaking, & put it to your Vate, and let the Whay soak out of it self, when you have taken it all up lay a cloth on the top of it, and one pound weight for one hour, then lay 2 pound weight for an hour more, then turn him when he hath stood two hours, lay three pound on him for an hour more, then take him out of the Vate, and let him lye two or three hours, and then Sale him on both sides, when he is salt enough, take a clean cloth, and wipe him dry, then let him lie a day or a night, then put Nettles under and upon him, and change them once a day, the Cheese will come to his eating in eight or nine dayes.

To make Cheese Loaves.

Take the curds of a tender, new milk Cheese, and let them be well pressed from the Whey, and then break them as small as you can possible, then take crums of Manchet and

& yolks of eggs, with half the whites and some sweet Cream, and a little fine flower, mingle all these together and make a paste of it, but not too stiff, then make them into little loaves, and bake them, when they be baked, cut off the tops, and butter them, with Sugar, Nutmeg and melted Butter, and put it in with a spoon and stir it altogether, then lay on the tops, and sear them with scraped Sugar.

How to make a very good Tart. Take fifteen eggs, and six of the whites, beat them very well; then put in some Sugar, and a little Sack, beat them again, and put about a pint or a little more of Cream, then beat them again, then put in the juyce of Spinnage, or of Primrose-leaves to make it green, then put in some more Sugar, if it be not sweet enough, then beat it again a little, and so let it stand till you fry it, when the first course is in, then fry it with a little sweet Butter, it must

be ſt irred and fryed very tender when it is fryed enough, then put it in a diſh, and ſtrew ſome Sugar upon it, and ſerve it in.

To make black Tart-ſtuffe.

To a dozen pound of Prunes take half a dozen of Malligo Raiſins, waſh and pick them clean, and put them into a pot of water, ſet them over the fire till all theſe are like pulpe, and ſtir them often leaſt they burn too, then take them off, and let them be rubbed through a hair Sive hard with your hands, by little and little till all be through, then ſeaſon them to your taſte with ſearced Ginger.

To make yellow Tart-ſtuffe.

Take four and twenty Eggs, and beat them with Salt together, and put it into a quart of ſeething Milk ſtirring it until it coudles, then take it off, and put it into a napkin, hanging it up till all the Whey be run through, when it is cold, take it and grind it in a ſtone mortar with

Sack

Sack and Sugar to your taste; and otherwise to make it look white, leave the yolks, and instead of Sack put in Rose-water.

To make a made Dish.

Take a quarter of a pound of Almonds, beat them small, and in the beating of them put in a little Rose-water to keep them from Oyling, strain them into Cream, then take Artechoak bottomes, and Marrow, and boil the redness of the Marrow out, then take a quart of Cream, and boil it with Dates, Rose-water and Sugar, and when it is boiled to a convenient thickness, take it off, and take your Artechoak and pare off the leaves and lay them into a dish, and some Marrow upon them, then pour some Cream upon them, then set it on coals till you serve it in.

A sauce for a Shoulder of Mutton.

Take a few Oysters and some sweet herbs, and an Onyon, and a pint of white-Wine, and a little beaten Nutmeg, a little Salt, and a

large mace a little Lemon pilloe, & a little sugar, a little leaker posset, if you haven't Oysters take Capers in the room of them, and some gravy of the Mutton.

To fry Apple pies

Take Apples and pare them, and chop them very small, beat in a little Cinamon a little ginger, some Sugar & a little Role-water, take your past, roul it thin, and make them up as big pasties as you please, to every spoonful or a little less of your apples, and so fry them with butter not too hasty, least they be burned.

To make Curd Cakes.

Take a pint of Curd, four Eggs, take out two of the whites, put in some Sugar, a little Nutmeg, and a little flower, stir them well together, and drop them in, and fry them with a little butter.

To make Furmenty.

Take a quart of sweet Cream, two or three spriggs of Mace, and a Nutmeg

Nutmeg cut in half, put into your Cream, to let it boil, then take your French-Barley or Rice, being first Washed clean in fair water three times, and picked clean, then boil it in sweet Milk till it be tender, then put it into your Cream, and boil it well, and when it hath boiled a good while, take the yolks of six or seven Eggs, beat them very well, to thicken on a soft fire, boil it, and stir it, for it will quickly burn, when you think it is boiled enough, sweeten it to your taste, and so serve it in with Rose-water, and Musk-sugar, in the same manner you make it with Wheat.

To make an Artichoak Pie.

Take the bottome of six Artichoaks, being boiled very tender, put them in a Dish, and put some Vinegar over them, season them with Ginger, and Sugar, a little Mace whole, putting them into the Pie as when you lay them in, lay some Marrow and Dates [illegible]

few Raisins of the Sun in the bottome, with good store of Butter, so close the Pie, when it is half baked take a dish of sack, being boiled first with Sugar, and a Pill of Orange, put it in your Pie, and set it in the Oven again till you use it.

To make a Chickhen Pie.

Make your past with good store of Butter, and yolks of Eggs, and Sugar, then take six smal Chickens taking out the Breast-bone, & trussing them round, take two Nutmegs and a good quantity of Cinnamon, and cut it in little pieces, take two yolks of Eggs, and beat them with six spoonfuls of verjuyce, then take your juyce and verjuyce, and a little salt, stir them well together, take a good deal of Butter. and wet it in the verjuyce, and put it in the bellies of the chickhens, so lay them in the pie with butter under them, then take half a pound of Currans washed and dryed,

dryed, so lay them on the top of the Chickhens, with a piece of *Marrow*, Barberries, Grapes, and good store of *Butter* and Sugar, as will season it, a little before you draw out your Pie, put in Verjuyce and Sugar boiled together.

To bake Beef like red Deer.

Take a pound of *Beef* and slice it thin, and half a pint of good wine-Vinegar, some three Cloves, and Mace above an ounce, three Nutmegs, pound them altogether. Pepper and Salt, according to your discretion, and a little Sugar, mix these together, take a pound and a half of Suet shred, and beat it small in a morter, then lay a row of suet, a row of *Beef*, strow your spices between every lane, then your Vinegar, so do till you have laid in all, then make it up, but first beat it close with a [illegible]ing-pin, then press it a [illegible] you put in your paste.

To roast a Shoulder of Mutton with Thyme.

Draw your Shoulder of Mutton, and when it is half roasted save the gravy, and cut a good deal of the inside of it and mince it grosse, and boil it in a dish with the gravy, and Thyme, Claret-wine, and sliced Nutmeg, and when your Shoulder is roasted, lay it in the dish with sliced Lemon, but remember to scotch your Mutton in roasting, as you do when you boil it.

To roast a Shoulder of Mutton with Oysters.

When you open the Oysters, save the liquor, then season them with Pepper, and a little Cloves, and Mace, and Herbs finely chopped, and the yolks of two or three Eggs chopped small, and some Currans parboiled a little, then stuffe your Shoulder of Mutton thick with your Oysters, then season it, and lay it to the fire, and roast it, then take the rest of your Oysters, and

boil them with a little white Wine, and some Butter, this is sauce for your Shoulder of Mutton, when your Oysters are opened, you may perboil them in their own liquor, then take them out and season them.

To make Angelets.

Take a quart of new Milk, and a pint of Cream, and put them together with a little Runnet, when it is cum well take it up with a spoon, and put it into the Vate softly, and let it stand two dayes, till it is pretty stiff then dig it out & salt it a little at the bottom, and when you think it is salt enough, set it a drying, and wipe them, and within a quarter of a year they will be ready to eat.

To make black Puddings.

Take your blood when it is warm put in some Salt, and when it is throughly cold, put in your groats well pickt, and let it stand soaking a night, put in the herbs, which must be

bs Rosemary, large Savory, Pennyroyal, Thyme, and Fennel, then make it soft with putting of good Cream hot until the blood look pale then beat four or five *Eggs*, whites and all, and mingle it, then season it with Cloves, *Mace*, Pepper, Fennel-seeds, then put good store of beef-suet in your stuff, and mince your fat not too small.

To make white Puddings.

After the humbles be very tender boiled, take some of the lights with the hearts, and all the flesh and fat about them, picking from them all the sinews and skin, then chop the meat small as can be, then put to it a little of the Liver very finely scorced, some grated bread searced, four or five yolks of *Eggs*, a pint of very good Cream, a spoonful or two of Sack, a little Sugar, Cinnamon, Cloves and Mace, a little Nutmeg, a few Carraway-seeds, a little Rose-water mingled with a good deal of swines fat, a little Salt, roul it in rouls two hours before

before you go about it, let the fat side of the skin be turned and steeped in Rose-water till you fill them.

To make Almond Puddings.

Take a pound of Almond blanched, and beat them very small with a little Rose-water, boil good Milk with a flake of Mace, and a little sliced Nutmeg, when it is boiled, take it clean from the Spice, then take the quantity of a penny loaf, grate it, and searce it through a Cullender, and then put it into the Milk, and let it stand till it be pretty cool, then put in the Almonds, and five or six yolks of Eggs, and a little Salt, and sugar, what you think fit, and good store of Beef-suet, and marrow very finely shred.

To make a Pudding to bake.

Take a penny loaf, pare it, slice it in a quart of Cream, with a little Rose-

Rose-water, and break it very small, take three curcets of *Iordan* almonds blanch'd, and beaten small with a little Sugar, put in some eight Eggs beaten, a Marrow-bone, and two or three pippins sliced thin, cr any way, mingle these together and put in a little Ambergrice if you please.

To make a boiled Pudding.

Take a pint of Cream, or Milk, boil it with a stick of Cinamon a little while, and take it off, and let it stand till it be cold, put in six Eggs, take out three whites, beat your Eggs a little before you put them into the Milk, then stir them together, then take a penny Roul, and slice it very thin, and let it lie and soak, and then bray it very small, then put in some Sugar, and butter your cloth before you put it in, it will take but a little while seething, and when you take it up, melt a little fresh Butter, and a little Sack and Sugar, tear all these toge-

gether, & put it into the dish with your Pudding to be served in.

To make a Cream-Pudding to be boiled.

Take a pint and a half of thick Cream, and boil it with Mace, Ginger, and Nutmeg quartered, then put to it eight eggs, with four whites beaten, and Almonds blanch't a pound, and strain'd in with the Cream, a little Rose-water, and Sugar and a spoonful of flower searced very fine, then take a thick napkin, wet it, and rub it with flower, and tie the pudding up in it, boil it where Mutton is boiled, or in the Beef-pot remember to take out the whole spice out of the Cream when it is boiled, the sauce for this pudding is a little Sack, sugar, and a pretty piece of butter, you must blanch some Almonds, when they are blanched, cut every Almond in three or four pieces the long way, and stick them up an end upon the pudding very thick.

To

To make a White pot.

Take a pint and a half of Cream, a quarter of a pound of Sugar, a little Rose-water, a few Dates sliced, a few Raisins of the Sun, six or seven Eggs, and a little large Mace, a sliced Pippin, or lemon, cut sippet fashion for your dishes you bake in, and dip them in Sack, or Rose-water.

To make a forced dish of any cold Meat.

Take any cold meat and shred it small, a little Cloves and Mace, and Nutmeg, and two yolks of Eggs, a spoonful or two of Rose-water, a little grated bread, a little Beef suet shred small, make it up in Balls or any fashion you please, and boil them in tryed suet between two earthen dishes, your suet must boil before you put in your meat, for sauce a little Butter, Verjuyce, and Sugar.

To

make a forced dish of a Leg of Mutton or Lamb.

Take a Leg of Mutton or Lamb ut out the flesh, and take heed you reak not the skin of it, then perboil , and mince it with a little Beef-fu- , put into it a little sweet Herbs hred, three or four Dates sliced a ittle beaten Nutmeg, Cloves, and Mace, a few Currans, a little Sugar a little Verjuyce, three or four Eggs mix them together, and put them in the skin, & set it in a dish & bake it.

To boil a Calves head with Oysters.

Take the head, and boil it with Water and Salt, a little white-Wine or Verjuyce, and when it is almost enough, then cut some Oysters, and mingle them together and a blade or two of Mace, a little Pepper, and Salt, and a little liquor of the Oysters, then put it together, and put it to the Calves-head, and the largest Oysters upon it, and a slit Lemon, & Barberries, so serve it in.

To

To fry a Coast of Lamb.

Take a Coast of Lamb, and par-boil it, take out all the bones as near as you can, and take some four or five yolks of *Eggs* beaten, a little Thyme and sweet Majoram, and Parsly minced very small, and beat it with the *Eggs*, and cut your Lamb into square pieces, and dip them into the *Eggs* and Herbs, and fry them with butter, then take a little Butter, white-Wine, and Sugar for sauce.

To stew Sauce-edges.

Boil them in fair water and salt a little, for sauce boil some Currans alone, when they be almost tender, then pour out the water, and put in a little white-Wine, Butter and Sugar.

To boil Ducks.

When they be half boiled, take a quart of the liquor and strain it, and put a quart of white-Wine, & some whole Mace, Cloves, and Nutmegs sliced, and Cinnamon, and a few Oni-

Onions shred, a bundle of sweet herbs, a few Capers, and a little Pumpeire, when it is boiled, put some sugar to season it withall.

To make white broth with a Capon.

Truss your Capons, and boil them in fair water, & when they are half boiled, take out three pints of the liquor, & put it into a quart of Sack, and as much white-wine, and slice two ounces of Dates half or quarter-wise, as you please, a little whole Mace, Cloves & Cinnamon, a Nutmeg shred, of each a little quantity, boil the broth in a Pipkin by it self, until the Dates begin to be tender, then put in the Marrow of two bones, & let it boil a little, not too much; then when your Capons be near ready, break twenty Eggs, save the yolks from the whites, and beat the yolks until you may take up a spoonful, and it will not run beside the spoon, then you must put a little cold broth to him, and

so

so ſtrain them through a cloth, t
take up ſome of the hot broth to b
your Eggs, becauſe elſe it will tu
let it have a warm or two after yo
Eggs be in, but not ſeeth too muc
for fear it turns, then diſh your C
pons, and pour your broth on the
and garniſh your diſh as you pleaſ

To make ſtewed Broth.

Take a neck of Mutton, or a rum
of Beef, let it boil, and ſcum yo
pot clean, thicken your pot with gr
ted bread, and put in ſome beat
ſpice, as Mace, Nutmegs, Cinna
mon, and a little Pepper, put in
pound of Currans, a pound and
half of raiſins of the Sun, two pou
of Prunes laſt of all, then when it
ſtewed, ſo ſeaſon it with a quart o
Claret and a pint of Sack, and ſom
ſanders to colour it, and a pound o
Sugar to ſweeten it, or more if nee
be, you muſt ſeeth ſome whole ſpice
to garniſh your diſh withall, and
ſtew

whole prunes out of your Pot.

To make Gallendine sauce for a Turky.

Take some Claret-wine, & some grated bread & a sprig of Rosemary little beaten Cloves, a little beaten Cinnamon, and some Sugar.

An exceeding good way to stew Chickbens.

Take Chickbens, fley them; and cut them in pieces cross-way, then put them in a pipkin or Skillet, and cover them almost with Pepper, and Mace, and water, so let them stew softly with a whole Onion in it, till part of the liquor be consumed, then put in as much white-Wine as will cover them again, take Parsly, sweet Majoram, winter-Savory with a little Thyme, and shred them very small, and put them in, and let them boil till they are almost enough, then put in a good piece of butter.

To

To boil a Leg of Mutton.

Take a leg of Mutton & ſtuff it for the ſtuffing, take a little beef-ſuet and a few ſweet-herbs, chop them ſmall, and ſtuff it, then boil it, & put in a handful of ſweet-herbs, cut them ſmall, mingle a hard Egg amongſt the herbs, and ſtew it upon the mutton, melt a little Butter and Vinegar, and put it into the diſh, and ſend it in.

To keep Quinces all the year.

Firſt you muſt core them, and take out the Kernels clean & keep the cores and kernels, and ſet over ſome water to boil them, then put them in when you ſet over the water then let them boil till they be a little ſoft, and then take them up, and ſet them down till they be cold, then take the kernels and ſtamp them, & put them into the ſame water they were boiled in, & let them boil till they be thick, ſee you have as much liquor as will cover the Quinces, and if you have not enough take of the

the smallest Quinces, and stamp them to make more liquor, & when it is boiled good & thick, you must strain it through a course cloth, and when the Quinces be cold, then put them into a pot and the liquor also, and be sure the liquor cover them, you must lay some weight upon them to keep them under, so cover them close, let them stand fourteen days, and they will work of their own accord, & they will have a thick rind upon them, & when they wax hoary or thick, then take it from the liquor, for it will have a skin on it within a month or six weeks.

To pickle Cucumbers.

Take the Cucumbers, and wash them clean, and dry them clean in a cloth, then take some water, vinegar, salt, fennel-tops, and some Dill-tops, and a little Mace, make it salt enough, and sharp enough to the taste, then boil it a while, and then take it off, and let it stand and be

cold, then put in the Cucumbers and lay a board on the top to keep them down, and tie them close, and within a week they will be fit to eat.

To pickle Purslain.

Take the Purslain, and pick it in little pieces, and put it into a pottle barrel then take a little water, Vinegar and salt to your taste, it must be pretty strong of the Vinegar and Salt, and a little Mace, and boil all these together, and pour this liquor in seeming hot into the purslain, & when it is cold, tie it close, but lay a little board on the top to keep it down, and within a week or two it is fit to eat.

To do Clove-Gilliflowers up for Sallets all the year.

Take as many Clove-Gilliflowers as you please slip off the leaves, then strow some Sugar in the bottom of the Gally-pot that you do them in, and then a lane of Gilliflowers, and then a lane of Sugar, and so do till all

ll the Gilliflowers be done, then
our some Claret-wine into them,
much as will cover them, then cut
piece of a thin board, and lay it on
em to keep them down, then tye
em close, and set them in the sun,
nd let them stand a month, or
hereabouts, but keep them from
ny rain or wet.

To pickle Broom buds.

Take as many Broom-buds as
ou please, make linnen bags, and
ut them in, and tye them close, then
make some brine with water and
alt, and boil it a little, let it be cold,
hen put some brine in a deep earthen pot, and put the bags in it and
lay some weight on them, let it lye
there till it look black, then shift it
again, so you must do as long as it
looks black, you must boil them in
a little Coldron, and put them in
Vinegar a week or two, and then
they will be fit to eat.

To pickle Oysters.

Take your Oysters, and pick them out of the shells, and save the liquor that cometh from them, then rinse your Oysters one by one, and wash them clean out of grist, then strain the liquor, and take a quantity of white wine & a large *Mace* or two, and two or three slices of Nutmeg, and Pepper grosly beaten, and salt them, boil it together, then put in your Oysters, and boil them, take the yolk of an Egg, and beat it well with Wine-vinegar, then take up your Oysters, and let them cool, then put in your Egg, and let it boil, take it off, and let it cool, and put it up together.

To make Grout.

Take some Wheat and Bean, and when you have made it into *Malt*, then riddle it, take some water, or some small wort, and heat it scalding hot, and put it into a Pail, then stir in the *Malt*, then take a piece of sour leaven,

ven, and stir it about, & cover it, & let it stand till it will cream, then in some Orange-pills, then put over the fire, and boil it, keeping stirring till all the white be gone.

To make Jelly of Marmalet.

Take Quinces, and pare them, cut them into water into little pieces, & when you have done all, then take them out of the water, and weigh them, and to every pound of Quinces, take five quarters of a pound of sugar, and half a quarter, then put it into the Skellet, and put as much water as will make it pretty thin, then set it on the fire, and clarifie it with the white of an egg, and scum it off clear, then put in your Quinces, & let it boil a pretty space, and cover it close till it is pretty thick, then leave stirring it till it is thick enough for Marmalet, and take it off, and put it in a glass, and do it with your knife in little works, when you have done let it stand, your posnet must boil all

the while, you must put in as much water as will make it pretty thin when it is boiled to a pretty good colour, then straine it, and weigh it, then take of loaf sugar, as much as it weighs, and boil it altogether to a jelly, then pour it into your Marmilet glasse, then put it in a stove, and put some fire in every day.

To make Jelly of Pippins.

Take Pippins, pare, quarter and core them, lay them in water, and when you set them on the fire, shift them in another water, and put them in a skillet, and put as much water as will cover them, and a little more, set them over the fire, and make them boil as fast as you can, when the Apples are soft, and the liquor take strong of the apples, then take them off, and straine them through a piece of Canvase gently, take to a pound of juice a pound of sugar, then set it on the fire, when it

is

melted, strain it into a Bason, and since your skillet again, set it on the fire, and when it is boiled up, then scum it, and make it boil as fast as you can, & when it is almost boiled, put in the juyce of three Lemons strained through a cloth, if you will have Orange-pill, pare it thin, that the white be not seen, and then lay it in the water all night, then boil them in the water till the pill be soft, then cut them in long pieces, then put it into the sirtup, and stir it about, and fill your glasses, and let it stand till it be cold, and then it is ready to eat.

To preserve green Walnuts.

Take Walnuts, and boil them till the water do taste bitter, then take them off, and put them in cold water and pill off the bark, and weigh as much sugar as they weigh, and a little more water then will wet the sugar, set them on the fire, and when

they boil up take them off, and let them stand two dayes, and boil them again once more.

To preserve white Quinces.

Take a pound of Quinces, boil them with the skin on, cut core and pare them, take a quarter of a pound of sugar, with water no more than will wet the sugar, put the Quinces into it presently, boil them as fast as may be and skim them, when the sirrup is thick, take it up.

To make Goosberry Tarts.

Take a pint of Goosberries, and put them into a quarter of a pound of sugar, and two spoonfuls of water, and put them on the fire and stir them as you did the former.

To preserve Rasberries.

Take as many as you please, a lay of sugar, and a lay of Rasberries, and so lay them into the skiller, and as much sugar as you think will make sirrup enough, and boil them

and

nd put two ſpoonfuls of water in, ſcome it, take it off, and let ſtand.

To preſerve Currans.

Part them in the tops, lay a lane of Currans and a lane of ſugar, and ſo boil them as faſt as you do Raſberries, do not put in the ſprouts, but ſcum them, boil them till the ſirrup be pretty thick, then take them off, and let them ſtand till they be cold, and put them into a glaſs.

To preſerve Medlars.

Take the juſt weight of ſugar as they weigh, to a pound of ſugar put a pint and half of water, ſcald them as long as the skin will come off, ſtone them at the head, put the water to the ſugar, and boil it, and ſtrain it, put in the *Medlars*, boil them apiece, let them ſtand till they be thick, then take them off

To preſerve Gooſberries.

Take the tarteſt Gooſberries you can get, with the ſtalk on, and

three or four holes in every one of them, then take the weight of them in sugar, lay the best part of the sugar in the bottom of a silver or pewter dish, then lay your Goosberries one by one upon it, strew some of the rest of the sugar upon them, and put two spoonfuls of the water into half a pound, then set the Goosberries on a chasing-dish of coales, and let one stand uncovered, scalding upon the fire a pretty while before they boil, but not too long, for then they will grow red, and when they be boiling, let them not boil too fast, when they be enough, put them up, you must put the rest of the sugar on them as they boil, and that will harden them, and keep them from breaking.

To make Gosberry Cakes.

Pick as many Goosberries as you please, and put them into an earthen pitcher & set it in a kettle of water, till they be soft, and then put them into

into a five, and let them ſtand til all the juice be out, & weigh the juice and as much ſugar as ſirrup, ſi ſt boil the ſugar to a Candy, and take it off, and put in the juice, and ſet it on again til it be hot, and take it off, and ſet them in preſs til they be dry, then they are ready.

To do Goosberries like Hops.

Take pricks of black-thorn, then take goosberries, & cut them a little a croſs, take out the ſtones, put them upon the pricks, weigh as much ſugar as they weigh & take a quart or a pint of water, and put into the ſugar, and let it boil a while; then put in the Hops let them ſtand & ſcald two hours upon the coals till they be ſoft, then take out the hops & boil the ſirrup a while, then take it off, and put in the Hops.

To *preſerve Apricocks.*

Firſt ſtone them and weigh them, and take as much Sugar as Apricocks,

cocks put in a baſon, ſome in the bottom, and ſome on the top, let them ſtand all night, ſet them on the fire till they be ſcalding hot, han beat them twice more

To make Apricock Cakes.

Take as many Apricocks as you pleaſe, and pare them, put as much ſugar as they weigh, take more water than will melt the ſugar, then boil the ſugar and it together, till they be pretty ſtiff, then take them off, and put them in ſaucers.

To make Mackeroom.

Take half a pound of Almonds, put them in water, ſtamp them ſmall put in ſome Roſe-water, a good ſpoonful of flower, four eggs, half a pound of ſugar, in the beating of the eggs, put in the Almonds heat the oven hot enough to bake a Cuſtard, put them in, when you have taken them out, let them ſtand till they be cold they muſt be baked in car hen pans round, and buttered very thin.

How

How to preserve white Damsons green.

Take white Damsons, scald them in water till they be hard, then take them off, and pick as many as you please, take as much sugar as they weigh, strew a little in the bottom, put two or three spoonfuls of water then put in the Damsons and the sugar, & boil them, take them off, then let them stand a day or two, then boil them again, take them off, and let them stand till they be cold.

How to preserve Mulberries.

Take as many Mulberries as you please, and as much sugar as they weigh, first, wet the sugar with some juyce of Mulberries, stir your sugar together, then put in your Mulberries, then boil them apace till you think they are boiled enough, then take them off, & boil the sirrup a while, and put it in the Mulberries, let them stand till they be cold.

To

To preserve Pippins white.

Take some Pippins & pare them and cut them the cross way, and weigh them. add to a pound of Sugar a pint of water then put the sugar to the water, and then let it boil a while, and then put in the pippins, and let them boil till they be [illegible] at the core, take them off, and put them up.

To make white Cheese-Cakes.

Scald Quinces and let them stand till they be cold but not seethed till they be tender enough, then take them off and pare them, then scrape off the softest, and do it through a sive, and then weigh as much sugar as it doth weigh, and beat it, & sift it into the Quinces, and stir it altogether, and set it on the coals, and stir it about but let it not boil at all, but let it stand and cool till it be pretty thick, then take it off, and put it in glass saucers.

How

How to preserve Grapes.

Stamp and strain them, let it set a while before you wet a pound of sugar or gripes with the juice, then the grapes, save the liquor, in the stoning, take off the stalks, give them a boiling, take them off, and put them up.

To preserve Damsons.

Take as many as you please, and weigh as much sugar as they weigh and strew some on the bottom, and some on the top, and you may wet the sugar with some sirrup of Damsons, and a little water, then set them on the fire, and let them stand and soak softly about an hour, then take them off and let them stand a day or two, then boil them if you think they be enough, take them off, and put them up.

To make Cakes of Lemons or Violets.

Take of the finest double refined sugar, beaten very fine, and searced through fine Tiffany, and to half a silver Porringer of sugar a

put

put to it two ſpoonfuls of water, & boil it till it be almoſt ſugar again, then grate of the hardeſt rinded Lemon, then ſtir it into your ſugar, put it into your coffins of paper, and when they be cold, take them off.

How to preſerve Quinces red.

Take your Quinces, and weigh them to a pound, put a pound of ſugar, and half a pint of water, put your water to your ſugar, and let it ſtand, your Quinces muſt be ſcalded till they be tender, take them off, pare them, & core them, but not too much, then put them into the skillet where the ſugar is, then let them on the fire, and let them boil two hours, if it be not enough, boil it a little more, pour it to the Quinces, and ſtop it cloſe.

To make Biſket Bread.

Take a pound and a half of white loaf-ſugar, and ſo much flower, as much Aniſe-ſeed, Coriander ſeed,

and

d Carraway-seed as you please, nd twelve Eggs, three whites left ut, take the Sugar, and sift it fine, nd the flower also. and beat your gs a little, and mingle them well gether with four spoonfuls of Damask-rose-water, beat them wel gether, and put in two spoonfuls more, and beat it gain about an hour and an half in all, then butter plate-Trenchers. and fi them with stuff, scrape some sugar on them, & blow it off again, heat your oven hot enough to bake a pye, and let the lid stand up a little while to draw down the heat from the top, then take the lid down again, and let it stand till it be cold, that you may suffer your hand in the bottom then set in the plates, and set up the lid again until they rise, then take them out, and loose them from the plates, and scrape the bottoms, & let them stand four hours, then they be fit to eat.

How

How to preserve Grapes to look clear and green.

Take a pound of Grapes with [illegible] stal[illegible] [illegible] y do begin to be rip[illegible] weigh as much double ren[illegible] [illegible] beaten small, then take the G[illegible]p[illegible] [illegible] are weighed, stone them [illegible] place where the stalks are, pull off the [illegible] & strain some sugar in the bottom of the thing you do them in, & so lay them in the sugar you did weigh, till you have stoned and pilled them, and so strew the sugar upon them, and set them on the fire, and let them boil as fast as can be, till the sirrup be pre[illegible]y thick, then take them off, and put them up until they be cold.

How to candy Apricocks.

Take your Apricocks, the fairest, and scald them, and pill them between two cloaches, crush the water softly out of them, as dry as you can without too much flatting them, then take of searced sugar almost as much

much as they weigh & boil it altogether to a candy height, then take it off the fire, and lay the Apricocks in it one by one, with a feather anoint them over, then set them on a Chafing dish of coals, and let them be through sod, but not boil, then take them off the fire, and set it on the stove or oven blood warm and twice a day set them on a fire, and turn them once at every heating, anoint them with a feather, and the same sirrup every time you take them off the fire, this do until you see the sirrup begin to sparkle and be full of eyes, then take them out of the sirrup, and lay them on glass plates, & dry them in a stove or oven, turning them a day or two till they be dry: white Pear plums may be done thus

How to make paste of Gooseberries, or Barberries or English Currans.

Take any of these tender fruits, and boil them softly on a chafing-dish of coales, then strain them with

with the pap of a roasted apple, then take as much sugar as it weighs, and boil it to a candy height with as much Rosewater as will melt the sugar, then put in the pap of your fruit into the hot sugar, and let it boil leisurely, till you see it reasonable stiff, almost as thick as for *Marmalet*: then fashion it on a sheet of glass, & so put it into the oven upon two billets, that the glass may not touch the bottom of the oven, for if it do it will make the past rough, and so let it dry leisurely, and when it is dry, you may box it, and keep it all the year.

How to make Paste of Oranges and Lemons.

Take your Oranges and Lemons and set on the fire two vessels of fair water at once, boil them, and then shift the water seven times, that the bitterness may be taken from them through the midst, and take out the kernels, and wring out all the water from

rom them, then beat them in an Alablaster Mortar, with the paps of three or four Pippins, then strain it through a fine strainer, then take as much Sugar as that pap doth weigh being boiled to a candy hight, with as much Rose-water as will melt the Sugar, then put the pap of your Oranges and Lemons into the hot sugar, and so let it boil leisurely with stirring, and when you see it stiff as for Manchet, then fashion it on a sheet of glass, and so set it in a Stove or Oven, and when it is throughly dry, box it for all the year.

How to make Paste Royal in Sauces.

Take sugar, the quantity of four ounces, very finely beaten and searced, & put it into an ounce of Cinnamon and Ginger, and a grain of musk, and so beat it into paste, with a little Gum-dragon steep'd in rose water, and when you have beaten it into paste in a stone mortar, then roul

roul it thin, and print it with your molders, then dry it before the fire, and when it is dry, box and keep it all the year.

How to candy Pears, Plums, or Apricocks, that they shall look as clear as Amber.

Take your Apricocks & Plums, & give every one a cut to the stone, in the notch, and then cast sugar on them, and bake them in an Oven as hot as for Manchet close stopped, bake them in an earthen Platter, let them stand half an hour, then take them out of the dish, and lay them one by one upon Glass plates and so dry them, if you can get glasses, made like Marmalet boxes to lay over them, they will be the sooner candied, this is the manner to candy any such fruit.

How to make Past-Royal white, that that you may make Court Boles, Caps, Gloves, & hooes, or any pretty things in Moulds.

Take half a pound of double refined

ed Sugar, and beat it well, and
rce it through a fine Lawn, then
it into a fine Alablaster mortar,
h a little Gum-dragon steeped
a little Rose-water, & one grain
Musk, so beat it in a mortar till it
mes to a pretty paste then roul it
in with a rouling-pin and pri
th your moulders like Gloves,
hoes, or any thing else, and some
u may roul very thin with a roul-
g-pin, & let it dry in an ashen dish
therwise called a Court-Cup, and
t it stand in the dish till it be dry,
d will be like a saucer, you must
y them on a board far from the
e, but you must not put them in
n Oven, they will be dry in two
r three hours, and be as white as
now, then you may guild Box and
Cup.

How to make fine Dyet Bread.

Take a pound of fine Flower
wice or thrice drest, and one pound
nd a quarter of fine sugar finely
eaten, and take seven new-laid
Eggs,

Eggs, and put away the yolk of one of them, and beat them very well and put four or five spoonfuls of Rose-water amongst them, & then put them in an Alablaster or Marble Mortar, & then put in the flower and Sugar by degrees, and beat it, or pound it for the space of two hours, until it be perfectly white, & then put in an ounce of Carraway-seed, then butter your plates or saucers, and put in of every one, and so put them into the Oven; If you will have a glass and Ice on the top you must wash it with a feather, and then strew Sugar very finely beaten od the top, before you put it into the Oven.

How to preserve Apricocks.

Take your Apricocks and put them into a skillet of fair water and put them over the fire until they be something tender, then take them up out of the water, and take a bodkin, and thrust out the stone at the

the top, and then pill off their skins, and when you have done, put them into a silver dish or bason, and lay sugar very finely beaten over and under them, and put a spoonful or two of water unto them & set them over a very soft fire until they be ready, then take them up, and lay them into another dish a cooling, and if you see good, boil the sirrup a little more, when they are cold & the sirrup almost cold, put them up in a gally-pot or glass together.

How to preserve Damsons.

Take a pound or something more of pure sugar finely beaten & then take a pound of Damsons, and cut a scotch in the side of each of them and put a row of sugar on a silver dish or bason, & then lay in a row of plums and then cover it with sugar, and so lay it in till they be a kin, and then take two spoonfuls of clear wheat, and make a [illegible] in the [illegible]

[illegible]

them, and set it over a soft fire, and look to it carefully for fear the sugar should burn, and when the Sugar is all dissolved, shake them together, and stir them gently, and then set them down and cover them till they be cold, and when they be cold, set them upon the coals again, and then let them boil gently till they be ready and when they are ready, take them down, and take them every one by its stem, and cover them with the skin as well as you can, and then put them all one by one in a dish, and if the sirrup be not boiled enough set it over. & let it boil a little longer, and when the plums be cold, put them in a galley-pot, or glass, and pour the sirrup to them while it is a little warm, you must not forget to take away the skin of the plums as it riseth.

How to make Pap of Barley

Take Barley, and boil it in fa-

wa

water ſoftly until it begin to breals, then put that liquor out, then put as much hot liquor to it as you put forth, and ſo let it boil till it be very ſoft, then put it into a Cullender & ſtrain it, then take a handful of Almonds, and grind them very well with your Barly and ſome of the liquor, ſo ſeaſon it with Sugar, and a little Roſe-water, a little whole Mace and Cinnamon, and boil them well together.

How to Candy Oranges and Lemons.

Take the peels of your Oranges and Lemons, the white cut away and lay them in water five or ſix dayes, ſhifting them twice every day, then ſeeth them till they be very tender, then take them out of the water, & let them lie until they be cold, then cut them in ſmall pieces ſquare, the bigneſs of a penny or leſs, then take to every three, two ounces of ſugar put to it a quantity of fair wa-

ter

ter and a less quantity of Rose-water, and make a sirrup thereof, then scum it very clean, and put in your peels, & let them boil for the space of an hour, or longer if you find your liquor wanting, you may put in more water at your pleasure, then boil them a little space after with a little sharp fire, stirring it always for burning, then take it off the fire three or four times, stirring them all the while, and set them on again until they be candyed.

How to make Cakes of Almonds.

Take one pound and a half of fine flower, of sugar twelve ounces beaten very fine, mingle them well together, then take half a pound of Almonds, blanch them, and grind them fine in a mortar, then strain them with as much sack as will mingle the flower, Sugar and Almonds together, make a paste, bake them in an Oven not too hot.

How

How to make white Lemon Cakes.

Take half a dozen of white lemons the best you can get, then cut & pare them, leave one of the yellow behind, then take away the sour meat of it, and reserve all the white, and lay it in water two dayes, then seeth it in fair water till it be soft, then take it out and let it by till the water be gone from it, then weigh it, and take twice the weight in sugar, mince the white stuff very fine, then take an ear then lip him, and put them in some fair water, and some Rose-water, if you have a pound of sugar, you must have half a pint of water, of both sorts alike, let your water and sugar stoil together, then scum it, and put in the stuff and so let them boil together, alway stirring still it be thick, it will shew very thin, and when it is cold, it will be thick enough.

To make Oyl of Violets.

Set the Violets in Sallade-oyle,

and ſtrain them, then put in other freſh Violets, and let them lie twenty dayes, then ſtrain them again and put in other freſh Violets, and let them ſtand all the year.

To preſerve Pomecitrons.

Take Pomecitrons and grate off the upper skin, then ſlightly cut them in pieces as you think good, lay them in water four and twenty hours, then ſet over a poſnet with fair water, and when it boils put them in, & ſo ſhift til you find the water not to be bitter, then take them up, and weigh them, and to every pound of Pomecitron put a pound and a quarter of ſugar, then take of your laſt water a pint & a quarter, ſet your water and Sugar over the fire, then take two whites of eggs, and beat them with a little fair water, and when your ſirrup begins to boil, caſt in the ſame the white of the eggs, and ſo let it boil, then let it run through a clean fine cloth, then put in a clean poſnet, and when your ſirrup begins to boil

put

put in your Pomecitron and let it boil softly three or four hours until you find your sirrup nigh enough, before you kep them alwaies under sirrup, and never turn them, take them up and put them into your glasses and when they be cold cover them.

To Candy Ringus-roots.

Take your Ringus roots, and boil them reasonable tender, then pll them and pith them; then lay them together, then take so much sugar as they wetgh, and put it into a Posnet with as much Rose-water as will melt it, then put in your roots and so let it boil very softly until the sugar be consumed into the roots, then take them and turn them & stirre them till the Sugar be dryed up, and then lay them a drying upon a lettice of wyer, until they be cold, in like sort you may candy any other Roots, which you please.

To candy all kind of Fruitrages, as Oranges, Lemons, Citrons Lettice-stocks the Sugar candy, such as the Comfit-makers do candy the Fruits with.

Take one pound of refined Sugar, & put it into a posnet with as much water as wil wet it, and so boil it till it come to a candy heigh, then take all your fruit being preserved and dried, then draw them through your hot Sugar, and then lay them on your hardle, and in one quarter of an hour, they will be finely candied.

To candy all kind of Flowers in ways of Spanish Candy.

Take double refined Sugar, put it into a posnet with as much Rose-water as wil melt it, and put into it the pap of half a roasted Apple, and a grain of Musk, then let it boil til it come to a candy-height, then put in your flowers, being pick'd, and so let it boil, then cast them on a fine plate, and cut it in waves with your

Knife,

Knife, then you may spoil it with gold, and keep it.

To make Essings.

Take one peck of Oatmeal-grout the greatest you can get & the whitest, pick it clean from the black, and scarce out all the smallest, then take as much evening milk as will cover it, and something more, boil it and cool it again till it be blood warm, then put it to the Oatmeal, and let it soak all night, the next morning strain it from your Milk as dry as you can through a cloath, then take three pints of good Cream, boil it with a Mace, and the yolks of eight Eggs, when it is boiled put it into your stuffe, then put in six Eggs more whites & yolks season it with a good quantity of Cinnamon, Nutmeg, and Ginger, and a less quantity of Cloves, and Mace, put in as much Sugar as you think will sweeten it, have good store of Suet, shred

small, and forget not Salt, to boil them.

To make Sugar-Cakes.

Take one pound of fine flower, one pound of Sugar finely beaten, and mingle them well together, then take seven or eight yolks of Eggs, & if your flower be good take one white or two as you shall think good take two Cloves, and a pretty piece of Cinnamon and lay it in a spoonful of Rose-water all night, and heat it almost blood-warm, temper it with the rest of the stuff, when the past is made, make it up with as much hast as you can, bake them in a soft oven.

To make a Calves-foot-Pie.

Take your Calves feet, boil them and blanch them, then boil them again till they be tender then take out all the bones, season it with Cloves, Mace, Ginger, and Cinnamon, as much as you shall think good, then put in a good quantity of Currans

and

and Butter, bake your Pie in a ſofe oven, and when it is baked take half a pint of white-wine Vinegar, beat three yolks of Eggs, and put to the coals, ſeaſon it with ſugar, and a little Roſe-water, always ſtirring it then put it into your Pie, and let it ſtand half a quarter of an hour.

How to make a very good Pie.

Take the backs of four white herring watered, the bones and skin taken away, then take ſo much wardent in quantity pared and cored, half a pound of Raiſins of the Sun ſtoned, mince all theſe together, and ſeaſon it with Cinnamon and Ginger, and when the Pie is baked, put in a little Roſe-water, and ſcrape ſugar on it, if you put in Butter, then put in a handful of grated bread.

To make Cimbals.

Take fine flower dryed, and as much Sugar as Flower, then take as much whites of Eggs as will

make it paste, and put in a little Rose water, then put in a quantity of Coriander-seed & Annise-seed, then mold it up in that fashion you will have it on.

How to preserve Angellica Roots.

Take the Roots and wash them, then slice them very thin, and lay them in water three or four dayes, change the water every day, then put the roots in a pot of water, and set them in the embers all night, in the morning put away the water, then take a pound of roots, four pints of water, and two pound of sugar, let it boil, & scum it clean, then put in the roots, it will be boiled before the syrup, then take them up, and boil the syrup after, they will ask you a whole dayes work, for they must be boil very softly, at *St. Andrews* time it is the best time to do them in all the year.

To boil a Capon with Bread.

Take a Capon, and truss him

to boil, set them on the fire in a good quantity of water, scum it very clean before you set on your Capon, put a little water Savory and Thyme into the belly of it, and a little Salt and whole Pepper, when you have scummed it clean, cover it close to boil, then take a good handful of herbs, as Marigolds, Violet-leaves, or any such green herbs as you shall think fit, wash them and set them on the fire with some of the uppermost of the broth that boils the Capon, then put into it good store of Sugar, and boil it with the Capon, when the herb be boiled and the broth very green and almost consumed away take the uppermost of your Capon, and strain it together, and scald your Brewis, and put it into a dish, and lay the Capon on them.

To make a Spice-Cake.

Take one bushel of Flower, six pounds of Butter, eight pound of Cur-

Currans, two pints of Cream, a pottle of Milk, half a pint of good Sack, two pound of Sugar, two ounces of Mace, one ounce of Nutmegs, one ounce of Ginger, twelve yolks, two whites, take the Milk and Cream, & stir it all the time that it boils, put your hot seething milk to it & melt all the Butter in it, and when it is blood-warm, temper the Cake, put not your Currans in till you have made the paste, you must have some Ale-yest, and forget not Salt.

To make broth of a Neats-tongue.

Make Claret Wine, grated bread Currans, sweet Butter, Sugar, Cinnamon, Ginger, boil them altogether, then take the Neats-tongue & slice it, and lay it on a dish upon sippets, and so serve it.

To souce a Carp or Garnet.

Take fair Water and Vinegar, so that it may be sharp, then take Parsley

arsly, Thyme, Fennel, and boil them in the broth a good while, then put in a good quantity of Salt, and then put in your Fish, and when it is well boiled, put the broth into a vessel, and let it stand.

To make a fine Pudding.

Take Crums of white-bread, and so much fine flower, then take the yolks of four Eggs, and one white, a good quantity of Sugar, take so much good Cream as will temper it as thick as you would make pancake-batter, then butter your pan, and bake it, so serve it, casting some Sugar upon it, you must shred suet very small and put it into it.

To make a broth to drink.

Take a Chicken and a little of the neck of mut on, and set them on, and scum it well, then put in a large Mace, and so let it boil while the Chicken be tender, then take the Chicken out, and beat it all to

pieces

pieces in a stone mortar, & put it in again, and so let it boil from four pints to a little more then half a pint, then cast it through a strainer, and season it.

To boil a Chicken, Partridge, or Pyhen.

Take your Chickens, and set it a boiling with a little of the neck of Mutton, and scum it well, then put in a Mace, and so let it boil down, and when it is almost boiled, have some few herbs parboiled as Lettice, Endive, Spinnage, Marigold-leaves, for note, these Herbs are usually used to be boiled, which by course will hold their colour in boiling, and put some of these aforesaid herbs to the Chicken & Mutton, if you think your broth strong enough take out your Mutton, then you may put a little piece of sweet butter, and a little Verjuyce, & a very little Sugar, and Salt, so serve it in with sippets.

A Broth to drink.

Take a Chicken, and set it on, and when it boils, scum it, then put in a mace & a very little Oatmeal, and such herbs as the party requires, and boil it well down, and bruise the Chicken, & put it to again, and it is a pretty broth; and to alter it, you may put in half a dozen Prunes, & leave out the herbs, & put them in, so when it is well boiled, strain it, and season it.

A Brosh to eat on fasting-days.

Take fair water, and set it a boiling and when it is boiled, put to it so much strained Oatmeal as you think will thicken it, and a large Mace, a handful of Raisins of the Sun, as many Prunes, and as many Currans, if you desire any, so boil it, and when it is boiled, season it with salt and sugar, & a piece of sweet butter, if the time will allow it; and for an alteration, when this broth is boiled, put in a quantity of Cream,

Cream and it will do well.

To make Ponade.

The quantity you will make set on in a Posnet of fair water, when it boils put a Mace in, and a little peece of Cinnamon, and a handful of Currans, & so much bread as you think meet, so boil it and season it with sallet sugar, and Rose-water, & so serve it.

To make a Caudle.

Take Ale, the quantity that you mean to make, and set it on the fire and when it is ready to boil, scum it very well, then cast in a large Mace, and take the yolks of two Eggs, for one mess or one draught, and beat them well and take away the skin of the yolks, and then put them into the Ale when it seetheth, be sure to stir them well till it seeth again for a youngling, then let it boil a while and put in your Sugar, and if it be to eat, cut three or four toasts of bread

read thin and roast them dry, but not brown, and put them to the cauldle, if to drink put none.

To make Almond-Butter.

Blanch your Almonds, and beat them as fine as you can with fair water, two or three hours, then strain them through a linnen cloth, boil them with Rose-water, whole Mace, and Annise seeds, till the substance be thick, spread it upon a fair cloth, draining the whey from it, after let hang in the same cloth some few hours, then strain it and season it with Rose-water and Sugar.

To stew Beef.

Take a good Rump of Beef, cut from the bones, shred Turnips and Carrots small, and Spinnage, and Lettice, put all in a pan and let it stew four hours with so much water, and a quart of white-Wine as will cover it, when it is stewed enough, then put in a wine glass full of

of elder vinegar, and serve it in with sippets.

To fauce a young Pig.

Take a young pig being scalded, boil it in fair water and white wine, put thereto Sayleaves whole Ginger, and Nutmegs quartered, a few whole Cloves, boil it throughly, and leave it in the same broth in an earthen pot.

To boil Flownders or Pickerels after the French fashion.

Take a pint of white wine, the tops of young Thyme and Rosemary a little whole Mace, a little white pepper seasoned with verjuice salt, and a piece of sweet Butter, and so serve it, this broth will serve to boil fish twice or thrice in several times.

To make flesh of Apricocks

Take Apricocks when they are green, and pare them, & slice them, and take half their weight in sugar, put it to them, so put them in a Skillet, and as much water as you think will melt the sugar, so let them boil

boil, and keep them stirring til they be tender, and so take them off, and scum them very clean, so put them forth of the skinet, & let them stand take as much sugar as you had before, & boil them to a candy height, and then put in your Apricocks, and set them over a soft fire, but let them not boil, so keep them with oft stirring, till the sirrup begin to jelly, then put them in glasses, and keep them for your use.

To make flesh of Quinces.

Take Quinces, pare them, and core them, and cut them in halfes, boil them in a thin sirrup till they be tender, then take them off, and let them lie in sirrup, then take Quinces, pare and quarter them, take out the cores, put as much water to them as will cover them, then boil them till they be very tender, & then strain out the liquor clean from them, and take unto a pint of

that

that liquor a pound of Sugar, put a much water to the Sugar as will me it, then boil it to a candy height, the stir the Quinces that are in the sirru as thin as you can. when your Sug is at a full Candy height, put in pint of the liquor, then set it over soft fire, stirring it leisurely till th Sugar be dissolved, then put in half pound of your slices keeping it still stirring, but not to boil, you mu take the jelly of Quintes kernels th have lain in water two or three hou take two good spoonfuls of it, an put it to the flesh, so keep it stirri leisurely till it begin to jelly upo the spoon, then put it into thin glas ses, and keep it in a stove.

To preserve Oranges.

Take a pound of Oranges, an a pound of Sugar, pill the outward rind, and inward white skin off, tak juyce of Oranges put them into th juyce, boil them half an hour, an take them off.

To

To dry Cherries

Take the faireſt Cherries, ſtone them, take to ſix pound of Cherries a pound of Sugar, put them into a killer, ſtraining the Sugar among them, as you put them in, then put as much water to them as will boil them, then ſet them upon a quick fire, let them boil up then take them off, and ſtrain them very clean, put them into an earthen pan or pot, let them ſtand in the liquor four days, then take them up and lay them ſeveral'y one byone upon ſilver or earthen diſhes, ſet them in an oven after the bread is taken out, and ſo ſhift them every day upon dry diſhes, and ſo till they be dry.

To dry Peaches.

Take Peaches and coddle them, take off the skins, ſtone them, take to four pound of Peaches, a pound of Sugar, then take a gally-pot and lay a lane of Peaches, and a lane of Sugar, till all be laid out, then put in half

half a pint of water, so cover them close, & set them in embers to keep warm so let them stand a night and a day, put them in a skillet, and set them on the fire to be scalding hot, then put them into your porridge pan, and let them stand four and twenty hours, then scald them again, then take them out of your fire-pan, & lay them on silver dishes to dry, you may dry them in an oven when the bread is taken out, but to dry them in the Sun is better, you must turn them every day into clear dishes.

To boil Veal.

Take Veal and cut it in thin slices, and put it into a pipkin with as much water as will cover it, then wash a handful of Currans, and as much Prunes, then take a Coleroul, and cut it in long slices like Butchers seiver, then put in a little Mace, Pepper and Salt, a piece of Butter, and a little Vinegar, some crumbs of bread, and when it is boyled

stewed two hours, take it up, and serve it.

To boil a Capon in white broth.

Truss a Capon to boil, and put it into a pipkin of water, and let it boil two hours, & when it is boiled take up a little of the broth, then take the yolks of Eggs, & beat them very fair with your broth that you take up then let it by the fire to keep warm, season it with grated Nutmeg, Sugar, and Salt, then take up your Capon, and pour this broth on with a little sack, if you have it, garnish it with sippets, and serve it, remember to boil whole place with your Capon, and Marrow if you have it.

To boil a Capon or Chicken in white broth with Almonds.

Boil your Capon as in the other, then take Almonds, and blanch them, and beat them very small, putting in sometimes some of your broth to keep them from boyling, then [illegible] beate [illegible]

put as much of the uppermost broth to them, as will serve to cover the capon, then strain it, & wring out the substance clear, then season it as before, and serve it with marrow on it.

How to boil Brawn.

Water your Brawn four & twenty hours, wash and scrape it four or five times, then take it out of the water, and lay it on a fair Table, then throw a handful of salt on every coller, then bind them up as fast as you can, with Hemp, Bass or Incle, then put them into your kettle when the water boileth, and when it boileth seum it clean, let it boil until it be so tender that you may thrust a straw through it, then let it cool until the next morning, by the souced meats you may know how to souce it.

How to boil a Gammon of Bacon.

Water your gammon of Bacon twenty four hours, then put it into a deep kettle with some sweet Hay,

it boil softly six or seven hours, then take it up with a scummer and a plate, and take off the skin whole, then stick your Gammon full of Cloves, strew on some gross Pepper, then cut your skin like Sippets, and garnish your Gammon, and when you serve it, stick it with boys.

How to boil a Rabbet.

Fley and wash the Rabbet, and slit the hinder leg on both sides of the back-bone, from the forward, and truss them to the body, set the head right up with a skiver, right down in the neck, then put it to boiling, with as much water as will cover it, when it boils, scum it, season it with Mace, Ginger, Salt and Butter, then take a handful of Parsly, and a little Thyme, boil it by it self, then take it up, hear it with the back of a knife, then take up your Rabbet, and put it in a dish, then put your herbs to your broth, and scrape in a Carret root, let your broth boil a little

while

while, put in *Salt*, pour it on your Rumber, and serve it.

How to boil a Mallard with a Cabbage.

Half roast your Fowl, then take it off, and cast it down, then put it into a pinnin with the gravy, then pick and wash some Cabbage, and put to your *Mallard*, with as much fair water as will cover it, then put in a good piece of butter, & let it boil an hour, season it with pepper and salt, and serve it upon sops.

How to boil a Duck with Turnips.

Half roast her, then cover her with liquor, boil your Turnips by themselves, half an hour, then cut them in cakes, and put them to your Duck with Butter and *Parsley* chopt smal when it hath boiled half an hour, season it with *Pepper* and *Salt*, and serve it upon sops.

How to boil Chickens, and Sorrel-sops

Trusse your Chickens, and boil them in water and salt very tender,

then take a good handful of Sorrel, and beat it stalks and all, then strain it, and take a Manchet, and cut it in sippets and dry them before the fire, then put your green broth upon the coles, season it with Sugar, and grated Nutmeg, and let it stand until it be hot, then put your sippets into a dish, put your Chickens upon them, and pour sause upon it, and serve it.

How to boil a Pike in white Broth.

Cut your Pike in three pieces, and boil it with water and Salt & sweet herbs, let it boil untill it rain, then take the yolks of half a dozen Eggs, & beat them with a little Sack, Sugar, melted Butter, and some of the Pikes broth, then put it on the fire to keep it warm, but stir it often left it curdle, then take up your Pike, & put the head and tale together, then cleave the other pieces in two, take out the back-bone and put the one piece on the one side, and the other piece on the other side, but blanch

all, then pour on your white broth, garnish your dish with sippets and boiled parsly, and strew on powder of ginger, and wipe the edge of the dish round, and serve it.

How to boil divers kinds of Fishes.

Bret, Conger, Thornback, Plaice, Salmon, Trout or Mullet, boil any of these with water, salt, and sweet herbs, when they boil, scum it very clean, then put in Vinegar, and let it boil till you think it is enough, your liquor must be very hot of the salt, then take it off, you may let it stand five or six days in the liquor, then if you would keep it longer, pour that liquor away, and put water and salt to it, or stinking drink, you must remember to let your Mullets boil softly, and your thornback and other fish very fast, you must blanch your Thornback when it is warm, and when you serve any of these fishes, strew on some green herbs.

How

[illegible]lm of the dish, then cut it round about like Virginal keys, then turn upone, and let the other lie, then pink it, cake it, scrape on sugar, and serve it.

To roast a Breast of Veal.

Take Parsly and Thyme, wash them, & chop them small, then take the yolks of five or six Eggs grated bread and Cream, mingle them together with Cloves, Mace, Nutmeg, Currans and Sugar, then raise up the skin of the Breast of Veal, and put in your stuff, prick it up close with a skiver, then roast it, and bast it with Butter, when it is roasted, wring on the juyce of a Lemon, and serve it.

To roast a Hare.

Case your Hare, but cut not off her ears nor leggs then wash her, and dry her with a cloth, then make a pudding, and put into her belly, then sow it up close, then truffe her as if she were running, then spie her, then take some Claret Wint,

all, then pour on your white broth, garnish your dish with sippets and boiled parsly, and strew on powder of ginger, and wipe the edge of the dish round, and serve it.

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Raw

rim of the dish, then cut it round about like Virginal keys, then turn upon one, and let the other lie, then pink it, cake it, scrape on sugar, and serve it.

To roast a Breast of Veal.

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Wine and grated bread, Sugar, a
Ginger, Barberries, and butter, bo
these together for your sauce.

To roast a Shoulder of Mutton.

Roast it with a quick fire, that
far may drop away, and when yo
think it is half roasted, set a dish un
der it, and flesh it with knife a cro
as you do Pork, but you must cut
down to the bone on both the sides
till the gravy run into the dish; bas
it no more after you have cut it, p
unto the gravy half a pint of white
Wine Vinegar, a handful of Capers
and Olives, five or six blades o
Mace, and handful of Sugar, an
strew all these together and pour i
on your meat.

To roast a Neats-Tongue.

Boil him, and blanch him, cut
out the meat at the but end, and
mingle it with Beef-suet as much
an Egg, then season it with Nut
meg, and Sugar, Dates, Currans,

and

d yolks of raw Eggs, then put your
eat to your Tongue, and bind it
ith a Caul of Veal or Mutton, then
ork it, baste it with butter, save the
ravy, and put thereto a little Sack
r Muscadine, let it stew a little
hile, then pour it in your tongue,
nd serve it.

How to roast a Pig with a Pudding in his Belly.

Fley a fat Pig, truss his head look-
g over his back, then temper as
uch stuffe as you think will fill his
lly, then put it into your *Pig*, and
ch it up close, when it is almost
asted, wring on the juyce of a Le-
on, when you are ready to take it
p, take four or five yolks of *Eggs*, &
ath your *Pig* all over, mingle your
read with a little Nutmeg, & Gin-
er, then dry it, and take it up as fast
you can, let your sauce, be Vine-
ar Butter, and Sugar, the yolk of a
ird *Egg* minced, and serve it hot.

How to roast a Leg of Mutton.

Cut holes in a Leg of Mutton, with a knife, then thrust in slices of Kidney suet, and prick it with Cloves, roast it with a quick fire, when it is half roasted, cut off a piece underneath, and cut it into thin slices, then take a pint of gravy, Oysters with the liquor, three or four blades of Mace, a little Vinegar and Sugar, stew these till the liquor is half consumed, then dish your Mutton, pour on the sauce and serve it.

How to roast a neck of Mutton.

Cut away the waste and roast it with a quick fire, but scorch it not, baste it with butter a quarter of an hour, after wring on the juice of half a Lemon, save the gravy, then baste it with butter again, wring on the other half of the Lemon, when it is roasted, dry it with Marcher and grated Nutmeg, then dish it, and pour on your sauce.

To

To roast a Shoulder or Haunch of Venison, or Chine of Mutton.

Take any of the meats, and lard them, prick them with Rosemary, rast them with butter, then take half a pint of Claret-wine, Cinnamon, Ginger, Sugar, grated bread, Rosemary and Butter, let all these boil together, until it be as thick as water-gruel, then put in a little Rose-water and Musk, it will make your Gallentine taste very pleasantly, put it on a serving dish, draw off your meat, lay it into that dish, strew it with salt.

To roast a Shoulder or Fillet of Veal.

Take Parsly, winter Savory, and Thyme, mince these small with hard Eggs, season it with Nutmeg, Pepper, Cutcane, work these together with raw yolks of Eggs, then stuff your meat with this, roast it with a quick fire, baste it with Butter, when it is roasted, [illegible] gravy and put there-

thereto Vineger, Sugar, and Butter, let it boil, when your meat is roasted pour this sauce on it, and serve it.

To roast a Gigget of Mutton.

Take your Gigget with Cloves & Rosemary, and lard it, roast it, baste it with butter, & save this gravy, put thereto some Claret wine with a handful of Capers, season it with Ginger and Sugar when it is boiled well, dish up your Gigget, and pour on your sauce.

To fry a Chicken.

Boil your Chickens in water and Salt, then quarter them into a pan with sweet Butter, and let them fry leisurely, then put thereto a little Verjuyce, and Nutmeg, Cinnamon and Ginger, the yolks of two or three raw Eggs, stir these well together, and dish up your Chickens, pour the sauce upon them.

How to fry Calves-feet.

Boil them, and blanch them, then cut them in two, then take good store o' Parsley, put thereto some yolks of Eggs, season it with Nutmeg, Sugar, Pepper, and Salt, then roul your Calves-feet in them, and fry them with sweet butter, then boil some Parsly, and beat it very tender, put to it Vinegar, Butter, and Sugar, heat it hot, then dish up your feet upon sippets, pour on your sauce, scrape on some Sugar, and serve it hot.

How to fry Tongues.

Boil them, and blanch them, cut them in thin slices, season them with Nutmeg, Sugar, Cinnamon, & Salt, then put thereto the yolks of raw Eggs, the coat of a Lemon cut in square pieces like a Die, then fry them in spoonfuls with sweet butter, let your sauce be white, & fry Sugar and Butter, heat it hot, and pour it on your Tongues, scrape on Sugar, and serve it.

How to make Fritters.

Make your Batter with Ale, Eggs and yest, season it with Milk, Cloves Mace, Cinnamon, Nutmeg and Salt, cut your Apples like Beans, then put your Apples and Batter together, fry them in boiling Lard, strew on sugar, and serve them.

To souce Brawn.

Take up your Brawn while it is hot out of your boiler, then cover it with Salt, when it hath stood an hour, turn the end that was under upward, then strew on salt upon that, then boil your soucing-drink and put thereto a good deal of salt, when it is cold, put in your Brawn with the salt that is about it, and let it stand ten days, then change your soucing-drink, and as you change it, put in Salt, when you perceive it to be too salt, change it with fresh drink.

To souce a Pig.

Cut off the head, and cut your Pig in

into two fleiks, and take out the bones, then take a handful of sweet Herbs, and mince them small, then season your Pig and Herbs with Nutmeg, Ginger, Cloves, Mace and Salt, then strew your Herbs in the inside of your Pig, then roul them up like two Collers of Brawn then bind them in a cloth fast, then put them in a boiling pot, put in some Vinegar and salt, when they are boiled very tender, take them off, let them stand in the same liquor two or three days, then put them into souling-drink, and serve it with Mustard and Sugar.

How to souse Eels.

Take two fat Eels, and fley them, cut them down the back, and take out the bones, and put a good store of Parsley, Thyme, and sweet Majoram, mince them small season them with Nutmeg, Ginger, Pepper and Salt, strew your herbs in the inside of your Eeles,

then roul them up like a Coller of *Brawn*, put them into a cloth, and boil them tender with Salt and Vinegar, when they are boil'd then take them up, let it be in the pickle two or three dayes, and then spend them.

How to souce a Breast of Veal.

Take out the bones of a Breast of Veal, & lap it in water ten or twelve hours, then take all manner of sweet herbs, and mince them small, then take a *Lemon* & cut it in thin slices then lay it with your herbs in the inside of your breast of Veal, then roul it up like a *Coller*, and bind it in a cloath, and boil it very tender, then put it into soucing drink and spend it.

To souce a Tench or Barbel.

First cut them down the back, then wash them, and put them boiling in no more water then will cover them, when they boil, put in some Salt and Vinegar, season

scum it very clean, when it is boiled enough take it up, and put it into a dish fit for the Fish, then take out the bones, pour on as much liquor as will cover it, with grated Nutmeg, and powder of Cinnamon, when it is cold serve it.

To souce a Fillet of Veal.

Take a fair Fillet of Veal, and lard it very thick, but take out the bones, season it with Nutmeg, Ginger, Pepper, and Salt, then roul it up hard, let your liquor be the one half white-wine, the other half Water, when your liquor boileth put in your meat, with Salt, and Vinegar, and the peel of a Lemon, then scum it very clean, let it boil until it be tender, then take it not up until it be cold, and souce it in the same liquor.

To marble Beef, Mutton, or Venison.

Stick any of these with Rosemary and Cloves, then roast it, being first joyned very well, then bast

it often with water and salt, and when it is throughly roasted, take it up, and let it cool, then take Claret-wine and Vinegar, and as much water, boil it with Rosemary, Bays, good store of Pepper Cloves, Salt, when it hath boiled an hour, take it off and let it cool, then put your meat into a vessel, and cover it with this liquor and Herbs, then stop it up close, the closer you stop it, the longer it will keep.

To marble Fish.

Take Flounders, Trouts, Sanders or Salmons, *Mullets*, *Mackrels* or any kind of shell-fish, wash them and dry them with a cloth, then fry them with Sallet-Oyl, or clarified *Butter*, fry them very crisp, then make your pickle with Claret-wine and fair water, some Rosemary and Thyme, with Nutmegs cut in slices, and pepper and salt, when it hath boiled half an hour, take it off, and let it cool, then put your

your fish into a Vessel, cover it with liquor and spice, and stop it close.

How to make a Tart of Wardens.

You must first bake your Wardens in a pot, then cut them in quarters, and core them, then put them into your Tart, with sugar, Cinnamon, and Ginger, then enclose up your Tart and when it is almost baked, do it as your Warden-Pie, scrape on sugar and serve it.

To make a Tart of green Pease.

Take green Pease and seeth them tender, then pour them out into a Cullender, season them with Saffron salt and sweet butter and sugar, then close it, then bake it almost an hour then draw it forth and ice it, put in a little Verjuyce and shake it well, then scrape on sugar and serve it.

How to make a tart of Rice.

Boil your Rice, and pour into a Cullender, then season it with cinnamon, Nutmeg, Ginger, and Pep-

per, and Sugar, the yolks of three or four Eggs, then put it into your Tart with the juyce of an Orange, then close it, bake it, and ice it, scrape on Sugar, and serve it.

How to make a Tart of Medlers.

Take Medlers that are rotten, then scrape them, then set them upon a Chafingdish of coals, season them with the yolks of Eggs Sugar, Cinamon, and Ginger, let it boil well, and lay it on paste, scrape on Sugar, and serve it.

How to make a Tart of Cherries.

Take out the stones, and lay the Cherries into your Tart, with Sugar, Ginger, and Cinnamon, then close your Tart, bake it and ice it, then make a sirrup of Muskadine, and Damask water, and pour this into your Tart, scrape on Sugar, and serve it.

How to make a Tart of Strawberries.

Wash your strawberries, and put them into your Tart, season them with

with Sugar, Cinnamon, Ginger, and a little red Wine, then close it, and bake it half an hour, ice it, scrape on Sugar, and serve it.

To make a Tart of Hips.

Take Hips, and cut them, and take out the seeds very clean, then wash them, season them with Sugar, Cinnamon and Ginger, then close your Tart, bake it, ice it, scrape on Sugar, and serve it.

How to make a Pippin Tart.

Take fair Pippins and pare them, then cut them in quarters and core them, then stew them with Claret-Wine, Cinnamon, and Ginger, let them stew half an hour, then pour them out into a Cullender, but break them not, when they are cold, lay them one by one into the Tart, then lay on Sugar, bake it, ice it, scrape on Sugar, and serve it.

How to scald Milk after the Western-fashion.

When you bring your Milk from the Cow, strain it into an earthen pan, & let it stand two hours, then set it over the fire till it begin to heave in the middle then take it off but jog it a little you can, then put it into a room where it may cool, & no dust fall into it, this Milk or Cream you may keep it two or three dayes.

To make a Runnet

Take Ewes or Goats milk, if you have neither of these, then take cows-milk, & put it over the fire to warm then put in a little Runnet to it, then pour it out into a dish & let it cool, then strew on Cinnamon and sugar, then take some of your aforesaid Cream and lay on it, scrape on sugar and serve it.

To make honey-Clutter.

Take Milk, and put it into an earthen pot, and put there to Run-

net,

ner, let it ſtand two dayes, it will be all in a curd, then ſeaſon it with ſome ſugar, Cinnamon, and cream, then ſerve it, this is beſt in the hotteſt of the ſummer.

To make a White pot.

Take a quart of cream, and put it over the fire to boil, ſeaſon it with *Sugar*, *Nutmeg*, and *Cinnamon*, *Sack*, and *Roſe* water, the yolks of ſeven or eight Eggs, beat your Eggs, with *Sack* and *Roſe*-water, then put it into your *Cream*, ſtir it that it curdle not, then pare two or three *Pippins*, core and quarter them, and boil them with a handful of *Raiſins* of the *Sun*, boil them tender, and pour them into a *Colliender*, then cut ſome ſippets very thin, and lay ſome of them in the bottome of the diſh, and lay on half your Apples, and Currans, then pour in half your milk, then lay on more ſippets, and the reſt of your Apples, and Raiſins then pour on the reſt of your Milk, bake it, ſcrape on ſugar, and ſerve it.

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How to make a Pudding in haſt.

Take a pint of Milk, & put thereto a hand-full of Raiſins of the Sun, and as many Currans and a piece of Butter, then grate Manchet and a Nutmeg alſo, and put thereto a little Flower, when your Milk boileth put in your bread, let it boil a quarter of an hour, and put in a piece of Butter in the boiling of it, and ſtir it always, then diſh it up, pour on Sauce, and ſerve it.

To make a Pudding in a Diſh.

Take a quart of Cream, put thereto a pound of Beef-ſuet minced ſmall, put it to your Milk, ſeaſon it with Nutmegs, Sugar, and Roſe water, and Cinnamon, then take ſome ſeven or eight Eggs, and beat them very well, then take a caſt of Manchets, and grate them, and put unto it, then mingleth the Eggs very well, then put it into a

diſh

dish, and bake it, when is baked scrape on Sugar, and serve it.

To boil Cream.

Take a quart of Cream, and set it a boiling with Mace, whilst your Cream is boiling, cut some thin sippets, then take seven or eight yolks of Eggs, put them with Rose-water and sugar, and a little of your Cream when your Cream boileth take it off the fire, and put in your Eggs, and stir it very fast that it curdle not, then put your sippets into the dish, pour in your Cream, and let it cool, when it is cold, scrape on sugar and serve it.

To draw Butter.

Take your Butter, and cut it into thin slices, put it in a dish, then put it upon the coales where it may melt leisurely, stir it often, & when it is melted, put in two or three spoonfuls of Water, or Vinegar, which you will, stir then and beat it until it be thick.

Lady

Lady of Arundels *Manchet.*

Take a bushel of fine wheat flower twenty eggs three pound of fresh butter, then take as much Salt and bran as to the ordinary *Manchet*, temper it together with new milk pretty hot then let it lie the space of half an hour to rise, so you may work it up into bread, and bake it, let not your Oven be too hot.

To boil Pigeons

Boil them in water and salt, take a handful of Parsly, as much Thyme strips, two spoonfuls of Capers minced altoghther, & boil it in a pint of the said liquor a quarter of an hour, then put in two or three spoonfuls of verjuyce, two Eggs beaten, let it boil a little and put to a little *Butter*, when you have taken it off the fire, stir this altogether, and pour it upon the *Pigeons*, with sippets round the dish.

A Florentine.

A Florentine of sweet-bread or Kidneys.

Parboil three or four Kidneys & mince them small, season them with Nutmeg, one stick of Cinnamon, beat as much Sugar as will sweeten it, and a penny loaf grated, and the marrow of three bones in good pieces, and a quarter of a pound of Almond paste, a glass of Malligo-sack, two spoonfuls of Rose-water, a grain of Musk, and one grain of Ambergrice, & a quarter of a pint of cream three or four Eggs, and mix it altogether, & make it up in puffe paste, & bake it three quarters of an hour.

A Pork Pie.

Boil your leg of Pork, season it with Nutmeg & Pepper, and Salt, bake it five hours in a round Pie.

A Chicken Pie.

Scald and season your Chickens with Nutmegs, as much Sugar as Cin-

Cinnamon, Pepper, and Salt, then put them in your Pie, then put three quarters of quartered Lemons, and six Dates quartered, and a handful of Goosberries, and half a sliced Lemon, and three or four branches of Barberries, and a little Butter, you may use to your Chickens three marrow-bones rould in yolks of Eggs, and Ringo-roots, and some preserved Lettice, make a Caudle, and put in when the Pie comes out of the oven, an hour and a half is enough to stand in the Oven.

A Lamb Pie.

Take the same ingredients you did for the Chicken Pie, only leave out the Marrow, the Ringo-roots, and the preserved Lettice, make your Caudle of White-wine Verjuyce and Butter, put it in when the Pie comes out of the oven.

Sauce for a Shoulder of Mutton.

Take a spoonful of Herbs, and as many Capers, half a pint of white-Wine, half a Nutmeg, and two Eggs when

when it is boiled put a piece of *Butter* to the gravie, when it is boiled, take it off, and put the butter in.

A Lumber Pie.

Take three or four sweet-breads of Veal, parboil and mince them, very small, then take the *Curd* of a quart of milk, turned with three *Eggs*, half a pound of Almond-paste, and a penny-loaf grated, mingle these together then take a spoonful of sweet Herbs minced very small, also six ounces of *Eringado* and mince it, then season all this with a quarter of Sugar, and three Nutmegs, then take five Dates, and a quarter of a pint of *Cream*, four yolke of *Eggs*, three spoonfuls of Rose-water, three or four Marrow-bones, mingle all these together, except the Marrow then make it up in long *Boles*, about the bigness of an *Egg*, and in every hole put a good piece of Marrow, put these into the Pie then put a quarter of a pound of butter and half a sliced Lemon, then make

make a caudle of white-wine, Sugar and Verjuyce, put it in when you take your pie out of the Oven, you may use a grain of Muske & Ambergreece

An Oyster pie.

Season your Oysters with Nutmegs, Pepper, & salt, & sweet herbs, your Oysters being first throwne into scalding water and parboiled season them and put them into the Pie, put two or three blades of Mace, & half a sliced Lemon, and the Marrow of two bones rould with yolkes of Eggs and some Butter, then let your pie stand almost an hour in the Oven, then make a caudle of Verjuice, Butter and Sugar, put it into your Pie, when you take it out of the Oven, you may use two Nutmegs to one quart of Oysters, and so much Pepper, as the quantity of three Nutmegs but less salt, and one spoonful of sweet herbs.

A Hartichoak Pie.

Take the bottome of boiled Hartechoaks, and quarter them, and take,

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the meat from the leaves, season it with half an ounce of Cinnamon, and half an ounce of beaten Nutmegs, and two ounces of Sugar, and put them into your pye, and boiled marrow rouled in yolks of eggs, and six blades of large *Mace*, Lemon sliced, six quartered Dates, and a quarter of a pound of Kingo-roots, half a pound of fresh butter, then let it stand in the oven one hour, and when you take it out, put a Cruddle into your pye made of white-wine, Sugar and Verjuyce.

A Calves-foot-Pye.

Mince your Calves-feet very small, then season them with two Nutmegs, and three quarters of an ounce of Cinnamon, one quarter of a pound of Sugar, half a pound of Currans, two Lemon pills minced, ten Dates minced, three spoonfuls of Rose-water, and half a pound of fresh butter, bake it an hour, and

put a candle into it, made of white-Wine, Sugar, and Verjuyce.

A Skirret Pie.

Take a quarter of a peck of Skerrets blanched, and sliced, season them with three Nutmegs, and an ounce of *Cinnamon*, and three ounces of *Sugar*, & ten quartered dates, and the marrow of three bones rouled in yolks of *Eggs*, and one quarter of a pound of Ringo-roots, and preserved Lettice, sliced Lemon, four blades of mace, three or four branches of preserved *Barberries* & half a pound of *Butter*, then let it stand one hour in the Oven, then put a caudle made of white-wine, verjuyce butter, and sugar, put it into the pie when it comes out of the Oven.

A Calfs-head Pie for Supper.

Boil your *Calves*-Head almost enough, cut it in thin slices all from the

the bone, season it with three beaten Nutmegs, a quarter of an ounce of Pepper, and as much salt as there is seasoning, then take a spoonful of sweet herbs minced small, and two spoonfuls of Sugar, and two or three Hartechoak bottoms boiled, and cut them in thin slices, and the Marrow of two bones rouled in yolks of Eggs, a quarter of a pound of Ringo roots, and a quarter of a pound of Currans, then put it into your pie, and put a quarter of a pound of butter, and a sliced Lemon, three or four blades of Mace, three or four quartered Dates, let it stand an hour and more in the oven then when you take it out, put into it a cream made of sugar, white-wine Verjuyce and butter.

A Lark Pie.

Take three dozen of Larks, season them with Nutmegs, and half an ounce of Pepper, a quarter of an ounce of Mace beaten, then take the

Lum-

Lumber pye-meat, and fill their bellies, if you will, if not, take half a pound of suet, and one pound of Mutton minced, half a pound of Raisins of the Sun, and six Apples minced altogether very small, then season it with a Nutmeg, Pepper and Salt, and one spoonful of sweet Herbs, and a Lemon-pill minced, one penny loaf grated, a quarter of a pint of Cream, two or three spoonfuls of Rose-water, three spoonfuls of Sugar, one or two spoonfuls of Verjuyce, then make this in boles, and put it in three bellies, and put your Larks in your Pye, then put your Marrow to'd in yolks of Eggs upon the Larks, and large Mace and sliced Lemon, and fresh butter, let it stand in the oven an hour, when you take it out, make your Caudle of Butter Sugar, and White-wine Vinegar, put it into the Pye.

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A hot Neats-Tongue for Supper.

Boil your tongue till it be tender, blanch it, and cut it in thin pieces, season I wish Nutmeg, and a quarter of an ounce of pepper, and as much sale as seasoning, then take six ounces of Currans, season all together, and put it into the pye, then put a Lemon sliced, and Dates and Butter, then bake it, and let it stand an hour and a half, then make a Caudle of White-wine and Verjuyce, Sugar and Eggs, and put it in when you take it out of the Oven.

A cold Neats-tongue Pye.

Your tongue being boiled, blanched and larded with Pork and Bacon, season it with the same ingredients the Bacon hath, that is, three Nutmegs, three races of Ginger, half an ounce of Clove, and Mace together and half an ounce of Pepper, beat your spice altogether, more salt then seasoning, and likewise lay in

in the liquor, bake it two hours, but put one pound of butter in your pie before you lid it.

A Potatoe Pie for supper.

Take three pound of boiled and blanched *Potatoes*, and three Nutmegs, and half an ounce of *Cinnamon* beaten together and three ounces of *Sugar*, season your *Potatoes*, and put them in your pie, then take the marrow of three bones raw, and yolks of *Eggs*, and sliced Lemon, & Large *Mace*, and half a pound of butter, six Dates quartered put this into your pie & let it stand an hour in the Oven, then make a sharp candle of butter, *Sugar*, Verjuyce and white-wine, put it in when you take your pie out of the oven.

A Pigeon or Rabbet Pie.

Take one ounce of *Pepper* and more *Salt*, then season your pigeons or Rabbet, and take two Nutmegs grated with your seasoning, then lay your Rabbet in the *Pie* and one

pound of butter, if you heat the *Pie* hot, then put in two or three slices of *Lemon*, and two or three blades of Mace, and as many branches of *Barberries*, and a good piece of fresh butter melted, then take it & let it stand an hour and half, but put not in the fresh butter till it comes out of the Oven.

To make puffe-Paste.

Break two Eggs in three pints of flower, make it with cold water, then roul it out pretty thick and square, then take so much butter as paste, & lay it in a rank, and divide your butter in five pieces, that you may lay it on at five several times, roul your paste very broad, & take one part of the same butter in little pieces all over your paste, then throw a handful of flower slightly on, then fold up your paste & beat it with a rouling-pin, so roul it out again, thus do five times and make it up.

A Pudding.

Take a quarter of Cream, & two Eggs, beat them, and ſtrain them into the Cream, and grate in a Nutmeg and half, take ſix ſpoonfuls of flower, beat half a pound of Almonds with ſome Cream & put it into the cream, and mix this together, boil your Pudding an hour and no more, firſt flower the Bag you put it in, then melt freſh butter, and take Sugar and Roſe water, beat it thick, and pour it on the pudding, you may put to it a little Milk, and ſtick blanched Almonds and Wafers in it; add to the ſame pudding, if you will, a penny loaf grated, a quartern of Sugar, two Marrow bones, one Glaſs of Maligo-Sack, ſix Dates minced, a grain of Ambergriece, a grain of Muſk, two or three ſpoonfuls of Roſe-water, bake the Pudding in little wood-diſhes, but firſt butter them, your Marrow muſt be ſtuck to and again then bake it half an hour, five or

ſeven

seven at a time, and so set them in order in the dish, and garnish them with a sprig in the middle, and wafers about it, strew Sugar about the branch and sliced Lemon, set four round, and one in the top.

Frigasie of Veal.

Cut your meat in thin slices beat it well with a rouling-pin, season it with Nutmeg, Lemon, and Thyme, fry it slightly in a pan, beat two Eggs and one spoonful of Verjuyce, and put it into the pan, and stir it together, and dish it.

Frigasie of Lamb.

Cut your lamb in thin slices, season it with Nutmeg, Pepper, & Salt, mince some Thyme, and Lemon, & throw it upon your meat, then fry it slightly in a pan, then throw in two Eggs beaten in Verjuyce and Sugar into the pan, also a handful of Gooseberries, shake it together and dish it.

Frigasie of Chickens.

Kill your Chickens, pull skin

and feathers off together, cut them in thin slices, season them with thyme and Lemons minced, Nutmeg and Salt, a handful of Sorrel minced, then fry it well with six spoonfuls of Verjuyce, one spoonful of Sugar, beat it together, so dish it with sippets about.

Another Frigasie of Chickens.

Take the former ingredients, and add to it boil'd Hartechoak bottoms with the meat of the leaves, and a handful of scalded Goosberries, & boiled Skerrs and Lettice tossed in butter when they are boiled, and two spoonfuls of Sugar, two Eggs and Verjuyce beaten together. and lay your Lettice upon your Chickens as before, and sliced Lemon upon it, and sippets upon the Dish.

A Frigasie of Rabbets.

Cut your Rabbet in small pieces, and mince a handful of Thyme and

and parsly together, & a Nutmeg, Pepper & salt, season your Rabbets, then take two Eggs, and Verjuyce beaten together, and throw it in the pan, stick it, and dish it up in sippets.

To harsh a shoulder of Mutton.

Half roast your Mutton at a quick fire, cut it in thin slices, stew it with Gravy, sweet Majoram & Capers, & onions, three Anchovies, two oysters, half a Nutmeg, half a sliced Lemon, stir this altogether with the meat, let it stew till it be tender in a dish, then break three or four yolks of Eggs, and throw it in the dish with some butter, toss it well together, and dish it with sippets.

To make a Cake.

Take half a peck of flower, two pound and a half of Currans, three or four Nutmegs, one pound of Almond past, two pound of Butter, and one pint of Cream, three spoonfuls of Rose-water, three quarters of a pound of Sugar, [illegible]

pint of Sack, a quarter of a pint of Yest, and six Eggs, so make it, and bake it.

To make a Leg of Mutton three or four dishes.

Take a Leg of Mutton, cut out the flesh and the bone, but save the skin whole, divide the meat in three pieces, and take the tendrest, and cut in thin slices, and beat it with a rouling-pin, season it with Nutmeg, Pepper and Salt, and mince Thyme & Lemon-pil, fry it till it be tender, then beat two Eggs with a spoonful of Verjuyce, throw two Anchovies into the pan, shake it altogether, and put it into the Dish with sippets round the dish, being drest with Barberryes scalded, parsly & hard Eggs minced.

Another part of the same meat stew in a Dish, with a little white-Wine, a little butter, and sliced Lemon, one Anchovy, two Oysters, two blades of Mace, a little Thyme or a branch, and one whole Onion,

take out the Thyme and the Onion when it is stewed, dish it all together on a Chafingdish of coals till it be tender, then dish it, garnish your dish with hard Eggs, and Barberries, and slic'd Lemon, and sippets round the dish.

Take another part of the same meat, mince it small with Beef suet and a handful of Sage, to three quarters of a pound of suet and one pound of meat, you may use a spoonful of Pepper and Salt, mix this altogether and stuffe the skin of the Leg of Mutton hard, skiver it close, and spit it at a quick fire, and will roast it in an hour.

Take another part of the same meat, then put in the Pepper and Salt, with a grated Nutmeg, some sweet Herbs, and a Lemon pill minced, a penny loaf grated, one spoonful of Sugar, a quarter of a pound of Raisins, and a quartern of Currans, mixed altogether with the meat and the Suet, and the rest

the ingredients put to two spoonfuls of Rose-water, & as much salt as Spice, then make it up in little long holes or roules, & butter your dish, and lay them in with a round hole in the middle, set them in no. ven half an hour then pour the liquor which will be in the dish, and melt a little Butter, verjuice and sugar, and pour upon it, garnish your dish, stick in every long roul, a fleur of past, and a branch in the middle.

To souce an Eele.

Souce your Eele with a handful of salt, split it down the back, take out the chine-bone, season the Eele with Nutmeg, Pepper and Salt, and sweet Herbs minced, then lay a pack-thread at each end, and the middle roul up like a Collar of Brawn, then boil it in water and Salt, and Vinegar, and a blade or two of Mace, and half a slice of Lemon, boil it half an hour, keep it in

the same liquor two or three days, then cut it out in round pieces, and lay six or seven in a dish, with Parsly, and Barberries, and serve it with Vinegar in saucers.

To souce a Calves Head.

Boil your Calves head in water & Salt so much as will cover it, then put in half a pint of Vinegar, a branch of sweet herbs, a sliced Lemon, and half a pint of white-Wine, two or three blades of Mace, & one ounce or two of Ginger sliced, boil it altogether till it be tender, keep it in the liquor two or three days, serve it the dish upright, and stick a branch in the mouth and in both eyes, garnish the dish with jelly or pickled Cucumbers, & saucers of Vinegar, and Jelly, and Lemon minced.

A stewed Rabbet.

Cut your Rabbet in pieces, and season it with Pepper and Salt, Thyme, Parsly, Winter Savoury, and sweet-Marjoram, three Apples, and then

[illegible] Onions minced altogether, [illegible] it till it be tender with Vinegar and water, put a good piece of butter in, stir it altogether in your dish put sippers in the bottome, then serve it up with the head in the middle of the dish with sippers in the mouth.

Lay your Pig in the same ingredients you did for your Calves head, [illegible] the same for a Capon, and the same for a Leg of Mutton.

To boil Chickens.

Boil your Chickens in water and Salt, and wine Vinegar a blade of Mace, a good handful of Endive and as much Succory, two handful of skerits boiled and branched, when the Chickens and these things are stewed, take a pint of Liquor up, and put to it a quart of white Wine, and one ounce and a half of Sugar, and three Eggs to thicken it, a piece of butter, and lay them in the dish, and pour it on.

To boil a Rabbet.

Boil them in water & Salt, mince Thyme and Parsly together, a handful of each, boil it in some of the same liquor, then take three or four spoonfuls of Verjuyce a piece of Irish butter two or three Eggs, stir the E[illegible] together in the liquor, set it upon fire till it be thick, then pour it on the Rabbet, so serve it in.

To boil a Duck.

Half roast your Duck [illegible] quick fire, take as much Wine [illegible] Water as will cover her, take [illegible] Thyme and Parsly, and one handful of sweet-Marjoram, two blades of Mace, half a Lemon sliced, stew them together half an hour with Onions, take some of your liquor and thicken it with three or four Eggs, two or three spoonfuls of Verjuyce, a piece of Butter, and as much Sugar as will lie upon it, dish your Duck, and boil three or four slices of Lemon by it self, and lard

...ed, put this upon your ...hen pour your ſiquor upon it ... Barberries, ſo you may boil ...ons with the ſame Ingredients, ...ver, or Tyal.

A roaſted ſhoulder of Mutton.

When it is roaſted ſlaſh it, and ...ad it, take two ſpoonfuls of ...ers, and a little Thyme, and Le... minced, half a Nutmeg, two ...ovies, a quarter of a peck of ...ters, mix altogether boil them ...ou in ſtrong broth and white ...e, then pour it upon the meat ... Eggs minced, and ſippe... round the diſh, throw firſt Salt on the meat, then the hard Eggs, and ſliced Lemon and Barberries.

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